



Grilled Onion, Beef, and Sweet Potato Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

Ingredients

- ☐ 4 cups baby spinach trimmed
- ☐ 1.1 teaspoons pepper black divided freshly ground
- ☐ 1 teaspoon coriander seeds crushed
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 pound flank steak trimmed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 teaspoons soya sauce low-sodium

- ☐ 0.3 cup orange juice fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon salt divided
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 teaspoon mustard stone-ground
- ☐ 1 pound sweet potatoes peeled ()
- ☐ 2 large onions white cut into (1/2-inch-thick) slices

Equipment

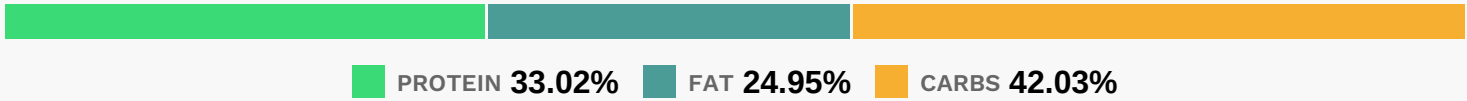
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ cutting board

Directions

- ☐ To prepare salad, combine coriander, 1 teaspoon pepper, thyme, and 1/8 teaspoon salt; rub over both sides of steak.
- ☐ Prepare grill.
- ☐ Sprinkle onion slices with 1/8 teaspoon pepper and 1/8 teaspoon salt; spray with cooking spray. Thread onion slices onto skewers or arrange in grilling basket.
- ☐ Place the skewers or grilling basket on a grill rack coated with cooking spray; grill onions 5 minutes on each side or until tender.
- ☐ Remove from skewers or basket; place in a large bowl.
- ☐ Lightly coat sweet potato with cooking spray.
- ☐ Place on grill rack coated with cooking spray; grill 5 minutes on each side or until lightly browned. Cool slightly; slice potatoes into 1/4-inch strips.
- ☐ Add to onion; toss to combine.
- ☐ To prepare dressing, combine the orange juice and next 6 ingredients (orange juice through 1/4 teaspoon salt), stirring with a whisk.

- ☐ Place steak on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.
- ☐ Place steak on a cutting board; let rest 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Place arugula in a large bowl; drizzle with 1/4 cup dressing, tossing gently to coat.
- ☐ Place 1 cup arugula mixture on each of 4 plates; top each serving with 1 cup onion mixture. Arrange 3 ounces steak over each serving; drizzle each serving with 1 tablespoon dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:14.75, Inflammation Score:-10, Nutrition Score:32.254347593888%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg

Nutrients (% of daily need)

Calories: 346.62kcal (17.33%), Fat: 9.65g (14.84%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 30.19g (10.98%), Sugar: 10.99g (12.21%), Cholesterol: 68.04mg (22.68%), Sodium: 546.55mg (23.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.47%), Vitamin A: 19056.27IU (381.13%), Vitamin K: 168.19µg (160.18%), Vitamin B6: 1.14mg (57%), Selenium: 35.6µg (50.86%), Manganese: 0.82mg (41.25%), Vitamin B3: 8.18mg (40.92%), Vitamin C: 30.46mg (36.92%), Zinc: 5.12mg (34.12%), Phosphorus: 340.74mg (34.07%), Potassium: 1169.63mg (33.42%), Folate: 113.92µg (28.48%), Fiber: 6.38g (25.51%), Magnesium: 96.12mg (24.03%), Iron: 3.99mg (22.16%), Vitamin B5: 1.84mg (18.41%), Copper: 0.36mg (18.17%), Vitamin B2: 0.3mg (17.55%), Vitamin B1: 0.26mg (17.45%), Vitamin B12: 1.03µg (17.2%), Calcium: 123.72mg (12.37%), Vitamin E: 1.79mg (11.96%)