



Grilled Steak and Potato Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

Ingredients

- 0.8 lb potatoes - remove skin red cut in half
- 0.7 cup honey dijon mustard
- 0.8 lb beef top sirloin steaks boneless
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 4 cups the of 1 cos lettuce
- 2 medium tomatoes cut into thin wedges
- 0.5 cup onion red thinly sliced

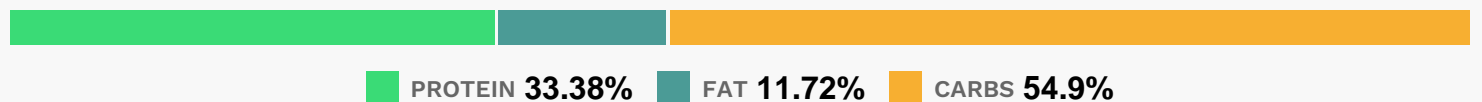
Equipment

- bowl
- sauce pan
- grill
- wok

Directions

- Heat gas or charcoal grill. In 2- or 2 1/2-quart saucepan, place potatoes; add enough water to cover potatoes.
- Heat to boiling; reduce heat to medium. Cook uncovered 5 to 8 minutes or just until potatoes are tender.
- Drain potatoes; place in medium bowl.
- Add 2 tablespoons of the dressing; toss to coat.
- Place potatoes in grill basket (grill "wok") if desired.
- Brush beef with 1 tablespoon of the dressing; sprinkle with salt and pepper.
- Place beef and potatoes on grill. Cover grill; cook over medium heat 8 to 15 minutes, turning once, until beef is desired doneness and potatoes are golden brown.
- Cut beef into thin slices.
- Among 4 plates, divide lettuce, tomatoes and onion. Top with beef and potatoes; drizzle with remaining dressing.
- Sprinkle with additional pepper if desired.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:22.423043624215%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 277.92kcal (13.9%), Fat: 3.42g (5.26%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 32.47g (11.81%), Sugar: 12.42g (13.8%), Cholesterol: 50.18mg (16.73%), Sodium: 423.44mg (18.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.8%), Vitamin A: 4613.03IU (92.26%), Vitamin K: 56.72µg (54.02%), Vitamin B6: 0.79mg (39.35%), Selenium: 26.91µg (38.45%), Vitamin B3: 7.02mg (35.08%), Potassium: 983.33mg (28.1%), Phosphorus: 266.19mg (26.62%), Zinc: 3.93mg (26.21%), Folate: 103.33µg (25.83%), Vitamin C: 19.1mg (23.15%), Manganese: 0.31mg (15.72%), Iron: 2.67mg (14.82%), Fiber: 3.54g (14.17%), Magnesium: 53.83mg (13.46%), Vitamin B12: 0.8µg (13.32%), Vitamin B1: 0.2mg (13.24%), Copper: 0.25mg (12.39%), Vitamin B2: 0.18mg (10.42%), Vitamin B5: 0.94mg (9.41%), Calcium: 54.12mg (5.41%), Vitamin E: 0.65mg (4.3%)