



Grilled Steak-and-Ratatouille Salad with Basil-Garlic Vinaigrette



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



90 min.

SERVINGS



4

CALORIES



96 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings basil-garlic vinaigrette
- ☐ 16 oz beef tenderloin fillets
- ☐ 2 small eggplants cut in half lengthwise
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon freshly cracked pepper
- ☐ 3 plum tomatoes cut in half lengthwise
- ☐ 8 oz romaine lettuce heart leaves

- ☐ 2 small baby squash yellow cut in half lengthwise
- ☐ 2 small zucchini cut in half lengthwise

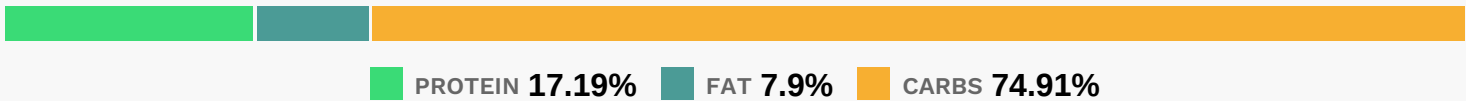
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Sprinkle fillets with pepper and salt, and let stand 15 minutes. Toss squash, zucchini, and eggplant with 3 Tbsp. Basil-Garlic Vinaigrette.
- ☐ Grill steaks, covered with grill lid, 5 to 6 minutes on each side or to desired degree of doneness.
- ☐ Remove steaks, and cover with aluminum foil.
- ☐ Let stand 10 minutes.
- ☐ Meanwhile, grill vegetable mixture, covered with grill lid, 5 to 6 minutes on each side or until tender.
- ☐ Add tomato halves during last 6 minutes of grilling time, and grill 3 minutes on each side or until softened and warm.
- ☐ Coarsely chop grilled vegetables, and toss together.
- ☐ Cut steak into thin slices. Fan romaine leaves onto a serving platter. Top with grilled vegetables and steak slices; drizzle with desired amount of vinaigrette.
- ☐ Note: We tested with Organic Girl Romaine Heart Leaves.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:3.14, Inflammation Score:-10, Nutrition Score:23.395217294278%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 96.44kcal (4.82%), Fat: 1g (1.54%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 11.31g (4.11%), Sugar: 12.76g (14.18%), Cholesterol: 0mg (0%), Sodium: 308.21mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.79%), Vitamin A: 5722.74IU (114.45%), Vitamin K: 83.23µg (79.27%), Manganese: 0.97mg (48.37%), Vitamin C: 34.63mg (41.97%), Folate: 167.18µg (41.8%), Fiber: 10.02g (40.06%), Potassium: 1095.84mg (31.31%), Vitamin B6: 0.5mg (25.04%), Magnesium: 67.91mg (16.98%), Vitamin B2: 0.27mg (16.07%), Copper: 0.32mg (15.8%), Vitamin B1: 0.2mg (13.56%), Phosphorus: 129.88mg (12.99%), Vitamin B3: 2.52mg (12.59%), Vitamin B5: 0.99mg (9.88%), Iron: 1.74mg (9.67%), Vitamin E: 1.17mg (7.83%), Calcium: 68.2mg (6.82%), Zinc: 0.96mg (6.39%), Selenium: 1.18µg (1.69%)