



## Grilled Steak Caesar Salad

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



162 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 lb beef sirloin steak boneless
- 0.5 cup classic caesar dressing kraft
- 2 cups cherry tomatoes halved
- 1 cucumber peeled sliced
- 0.3 cup a.1. original sauce
- 0.5 cup polly-o parmesan cheese shaved
- 10 oz torn romaine lettuce

## Equipment

grill

## Directions

- Mix dressing and steak sauce until blended; pour 1/2 cup dressing mixture over steak in shallow glass dish. Refrigerate 30 min. to marinate, turning after 15 min. Reserve remaining dressing mixture for later use.
- Heat grill to medium-high heat.
- Remove steak from marinade; discard marinade.
- Grill steak 6 min. on each side or until medium doneness (160F). Meanwhile, heat reserved dressing mixture just until warmed. Cover large serving platter with lettuce; top with tomatoes and cucumbers.
- Cut steak into thin slices; arrange over salad.
- Drizzle with warm dressing mixture just before serving; sprinkle with cheese.

## Nutrition Facts

 **PROTEIN 32.36%**  **FAT 55.2%**  **CARBS 12.44%**

## Properties

Glycemic Index:4.2, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:12.349565308379%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 161.89kcal (8.09%), Fat: 9.86g (15.17%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 3.93g (1.43%), Sugar: 3.23g (3.59%), Cholesterol: 34.74mg (11.58%), Sodium: 324.8mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.01g (26.01%), Vitamin A: 2679.61IU (53.59%), Vitamin K: 44.97µg (42.83%), Selenium: 15.58µg (22.25%), Vitamin B6: 0.35mg (17.61%), Vitamin B3: 3.21mg (16.05%), Phosphorus: 155.79mg (15.58%), Zinc: 2.12mg (14.15%), Folate: 53.11µg (13.28%), Vitamin C: 8.92mg (10.82%), Potassium: 345.73mg (9.88%), Calcium: 91.65mg (9.17%), Vitamin B12: 0.49µg (8.17%), Iron: 1.44mg (8.01%), Vitamin B2: 0.11mg (6.19%), Vitamin E: 0.91mg (6.05%), Magnesium: 23.12mg (5.78%), Manganese: 0.11mg (5.38%), Vitamin B1: 0.08mg (5.17%), Vitamin B5: 0.48mg (4.8%), Copper: 0.09mg (4.75%), Fiber: 1.07g (4.29%)