



Grilled Steak Caesar Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup vegetable oil
- 0.3 cup eggs fat-free
- 1 tablespoon juice of lemon
- 1 teaspoon dijon mustard
- 1 teaspoon anchovy paste
- 1 large clove garlic finely chopped
- 1 lb beef top sirloin steaks boneless
- 1 tablespoon pepper freshly ground

- 1 head the of 1 cos lettuce
- 1 cup croutons
- 2 oz parmesan shredded

Equipment

- bowl
- grill

Directions

- Heat coals or gas grill for direct heat. In tightly covered container, shake all dressing ingredients until well blended. Refrigerate until serving time.
- Sprinkle beef with pepper. Cover and grill beef over medium heat 15 to 18 minutes for medium doneness (160°F), turning once.
- Cut beef across grain into thin slices.
- In large bowl, toss romaine, croutons, cheese and dressing. Top with beef slices.
- Serve with additional shredded Parmesan cheese if desired.

Nutrition Facts



PROTEIN 34.91% **FAT 52.63%** **CARBS 12.46%**

Properties

Glycemic Index:48.25, Glycemic Load:4.08, Inflammation Score:-10, Nutrition Score:32.377826110176%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 408.49kcal (20.42%), Fat: 23.96g (36.86%), Saturated Fat: 6.59g (41.22%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 8.63g (3.14%), Sugar: 2.16g (2.4%), Cholesterol: 134.32mg (44.77%), Sodium: 446.28mg (19.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.51%), Vitamin A: 13833.85IU (276.68%),

Vitamin K: 189.67µg (180.64%), Selenium: 47.85µg (68.35%), Folate: 246.92µg (61.73%), Vitamin B6: 0.89mg (44.4%), Phosphorus: 432.24mg (43.22%), Vitamin B3: 8.61mg (43.07%), Zinc: 5.62mg (37.48%), Calcium: 271.12mg (27.11%), Manganese: 0.51mg (25.53%), Potassium: 871.53mg (24.9%), Iron: 4.29mg (23.81%), Vitamin B12: 1.38µg (23.07%), Vitamin B2: 0.39mg (22.83%), Vitamin B1: 0.26mg (17.57%), Fiber: 4.13g (16.52%), Magnesium: 62.99mg (15.75%), Vitamin B5: 1.34mg (13.41%), Vitamin E: 1.9mg (12.68%), Copper: 0.22mg (10.95%), Vitamin C: 7.95mg (9.64%), Vitamin D: 0.4µg (2.67%)