



Grilled Steak-Corn-Spinach Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



711 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocado ripe thinly sliced
- ☐ 5 oz baby spinach fresh
- ☐ 4 ears corn fresh
- ☐ 4 garlic clove pressed
- ☐ 4 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 servings ranch dressing
- ☐ 1 ruby grapefruit red

- ☐ 2 pounds beef rib steak
- ☐ 1.3 teaspoons salt

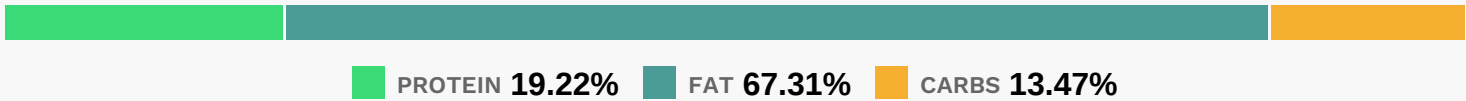
Equipment

- ☐ grill
- ☐ cutting board

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Rub steak with 2 Tbsp. olive oil and next 3 ingredients.
- ☐ Brush corn with remaining 2 Tbsp. olive oil.
- ☐ Grill steaks and corn at the same time, covered with grill lid, 7 to 8 minutes, turning steak once and turning corn every 4 to 5 minutes.
- ☐ Let steak stand 10 minutes.
- ☐ Meanwhile, hold each grilled cob upright on a cutting board, and carefully cut downward, cutting kernels from cob. Discard cobs. Thinly slice steak.
- ☐ Layer spinach, grilled corn kernels, steak, avocados, and grapefruit on serving plates.
- ☐ Serve with bottled Ranch dressing.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:33.710869664731%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.11mg,

Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 710.85kcal (35.54%), Fat: 54.89g (84.44%), Saturated Fat: 14.54g (90.85%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 17.77g (6.46%), Sugar: 8.55g (9.5%), Cholesterol: 100.03mg (33.34%), Sodium: 866.31mg (37.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.25g (70.51%), Vitamin K: 176.75µg (168.33%), Vitamin A: 2931.97IU (58.64%), Zinc: 8.69mg (57.95%), Selenium: 39.14µg (55.92%), Vitamin B3: 9.92mg (49.59%), Vitamin B6: 0.93mg (46.67%), Vitamin B12: 2.56µg (42.68%), Phosphorus: 384.04mg (38.4%), Vitamin C: 30.83mg (37.38%), Folate: 136.46µg (34.11%), Vitamin B2: 0.57mg (33.38%), Potassium: 1108.96mg (31.68%), Fiber: 6.95g (27.8%), Vitamin E: 3.98mg (26.5%), Magnesium: 98.03mg (24.51%), Manganese: 0.48mg (24.12%), Iron: 4.15mg (23.06%), Vitamin B1: 0.32mg (21.05%), Vitamin B5: 1.74mg (17.37%), Copper: 0.34mg (16.79%), Calcium: 65.38mg (6.54%), Vitamin D: 0.18µg (1.21%)