



 **88%**
HEALTH SCORE

Grilled Steak & Parmesan Salad

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

READY IN



60 min.

SERVINGS



1

CALORIES



1453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb beef sirloin steak boneless
- 0.3 cup parmesan cheese shaved kraft
- 1 cup seasons dressing mix italian good divided prepared (using the less-oil directions on package)
- 10 oz torn salad greens mixed
- 2 tomatoes cut into wedges
- 1 baby squash yellow chopped

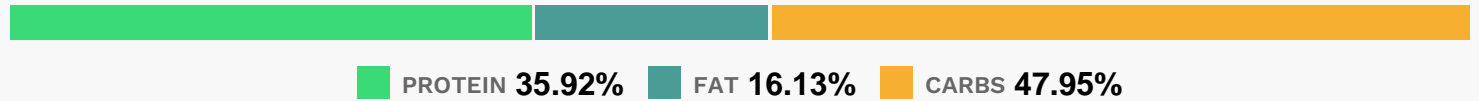
Equipment

- grill

Directions

- Pour 1/2 cup dressing over steak in shallow dish; turn to evenly coat both sides of steak. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Remove steak from marinade; discard marinade. Grill steak 5 to 10 min. on each side or until medium doneness (160F).
- Remove from grill; cut steak across the grain into thin slices.
- Toss greens with tomatoes, squash and remaining dressing.
- Place on platter; top with meat and cheese.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:60.846956504428%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 1452.78kcal (72.64%), Fat: 23.56g (36.24%), Saturated Fat: 10.21g (63.84%), Carbohydrates: 157.52g (52.51%), Net Carbohydrates: 152.41g (55.42%), Sugar: 10.98g (12.2%), Cholesterol: 284.62mg (94.87%), Sodium: 18488.54mg (803.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 118.03g (236.07%), Selenium: 146.86µg (209.8%), Vitamin B6: 3.72mg (186.11%), Vitamin B3: 33.39mg (166.93%), Vitamin C: 132.79mg (160.96%), Phosphorus: 1374.66mg (137.47%), Zinc: 20.41mg (136.09%), Vitamin A: 5856.94IU (117.14%), Potassium: 3226.48mg (92.19%), Vitamin B12: 4.56µg (76.06%), Folate: 259.35µg (64.84%), Vitamin B2: 1.09mg (64.36%), Iron: 10.64mg (59.13%), Manganese: 1.1mg (54.75%), Magnesium: 206.89mg (51.72%), Calcium: 486.64mg (48.66%), Vitamin B1: 0.62mg (41.34%), Vitamin B5: 3.94mg (39.43%), Copper: 0.74mg (37.21%), Vitamin K: 30.73µg (29.27%), Fiber: 5.11g (20.43%), Vitamin E: 2.89mg (19.26%)