



Grilled Steak Salad

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 stalks celery cut into 1-inch pieces (1 bunch)
- 1 cup cherry tomatoes halved
- 1 tablespoon hot sauce green
- 2 tablespoons honey
- 1 small head iceberg lettuce shredded
- 2 juice of lime
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons mayonnaise light

- 4 teaspoons olive oil extra-virgin
- 2 bunches scallions cut into 2-inch pieces
- 1.3 pounds blade steak (4 to 6 steaks)
- 3 cups watercress

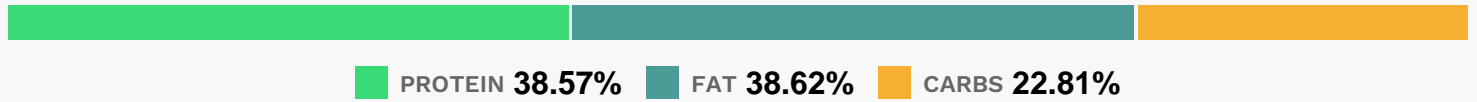
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- aluminum foil
- grill pan
- cutting board

Directions

- Preheat the oven to 450 degrees F. Toss the celery, 1 teaspoon olive oil, and salt and pepper to taste on a foil-lined rimmed baking sheet; roast until tender, about 20 minutes.
- Whisk the mayonnaise, 2 teaspoons olive oil, the lime juice, honey, hot sauce and 1 tablespoon water in a large bowl.
- Add the roasted celery and toss.
- Add the lettuce and watercress but don't toss.
- Heat a large grill pan or cast-iron skillet over high heat. Rub the steak with the remaining 1 teaspoon olive oil and season with salt and pepper. When the pan is very hot, add the steak and cook, undisturbed, about 3 to 4 minutes per side for medium rare.
- Transfer to a cutting board.
- Add the scallions to the pan and cook until charred, about 2 minutes per side.
- Slice the steak against the grain, discarding the tough membrane that runs through the center.
- Add the steak and tomatoes to the bowl with the salad and toss to coat. Divide among plates.

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:5.66, Inflammation Score:-9, Nutrition Score:32.463913230792%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 6.38mg, Kaempferol: 6.38mg, Kaempferol: 6.38mg, Kaempferol: 6.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.81mg, Quercetin: 10.81mg, Quercetin: 10.81mg, Quercetin: 10.81mg

Nutrients (% of daily need)

Calories: 315.26kcal (15.76%), Fat: 14.07g (21.65%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 15.33g (5.58%), Sugar: 13.36g (14.84%), Cholesterol: 101.76mg (33.92%), Sodium: 566.27mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.24%), Vitamin K: 146.92µg (139.92%), Vitamin B12: 6.27µg (104.42%), Zinc: 11.62mg (77.47%), Selenium: 34.99µg (49.98%), Vitamin C: 34.07mg (41.29%), Vitamin A: 1998.7IU (39.97%), Vitamin B6: 0.75mg (37.34%), Phosphorus: 373.38mg (37.34%), Vitamin B3: 6.66mg (33.29%), Vitamin B2: 0.53mg (31.26%), Potassium: 1093.07mg (31.23%), Iron: 4.68mg (25.99%), Folate: 80.74µg (20.19%), Vitamin B5: 1.92mg (19.21%), Manganese: 0.35mg (17.7%), Vitamin B1: 0.26mg (17.24%), Magnesium: 57.84mg (14.46%), Fiber: 3.36g (13.45%), Vitamin E: 2mg (13.3%), Copper: 0.26mg (13.17%), Calcium: 118.5mg (11.85%)