



Grilled Steak Salad with Caper Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound beef tenderloin trimmed
- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon capers
- 2 teaspoons olive oil extravirgin
- 1 cup grape tomatoes halved
- 3 cups cut green beans (1-inch) ()
- 7.8 ounce hearts of palm rinsed drained canned
- 1 tablespoon dijon honey mustard

- 1.5 tablespoons juice of lemon fresh
- 8 ounce pre mushrooms
- 0.8 cup onion red thinly sliced
- 0.3 cup red wine vinegar
- 0.5 teaspoon salt
- 0.5 teaspoon sugar
- 4 cups watercress trimmed (1 bunch)
- 4 cups water

Equipment

- bowl
- sauce pan
- whisk
- grill

Directions

- Prepare grill.
- To prepare salad, place the beef on grill rack coated with cooking spray, and grill 7 minutes on each side or until desired degree of doneness.
- Let stand 10 minutes.
- Cut the steak diagonally across grain into thin slices.
- Place beef in a large bowl.
- Bring water to a boil in a saucepan; add beans. Cover and cook 3 minutes or until crisp-tender. Rinse with cold water; drain well.
- Add beans, watercress, tomatoes, onion, mushrooms, and hearts of palm to beef, and toss gently to combine.
- To prepare dressing, combine red wine vinegar and remaining ingredients, stirring well with a whisk.
- Drizzle dressing over salad; toss gently to coat.

Nutrition Facts

PROTEIN 15.22% FAT 14.52% CARBS 70.26%

Properties

Glycemic Index:69.27, Glycemic Load:3.47, Inflammation Score:-9, Nutrition Score:22.893913253494%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 11.06mg, Kaempferol: 11.06mg, Kaempferol: 11.06mg, Kaempferol: 11.06mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 22.23mg, Quercetin: 22.23mg, Quercetin: 22.23mg, Quercetin: 22.23mg

Nutrients (% of daily need)

Calories: 155.46kcal (7.77%), Fat: 2.66g (4.09%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 24.08g (8.76%), Sugar: 16.96g (18.84%), Cholesterol: 0mg (0%), Sodium: 410.43mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.53%), Vitamin K: 125.34µg (119.37%), Vitamin C: 39.93mg (48.4%), Potassium: 1603.99mg (45.83%), Vitamin A: 2005.87IU (40.12%), Vitamin B6: 0.73mg (36.65%), Copper: 0.7mg (34.98%), Vitamin B2: 0.47mg (27.79%), Phosphorus: 196.99mg (19.7%), Fiber: 4.84g (19.37%), Manganese: 0.39mg (19.34%), Zinc: 2.73mg (18.21%), Vitamin B3: 3.49mg (17.45%), Folate: 65.99µg (16.5%), Iron: 2.42mg (13.43%), Vitamin B1: 0.2mg (13.4%), Magnesium: 49.53mg (12.38%), Vitamin B5: 1.22mg (12.19%), Calcium: 103.15mg (10.32%), Vitamin E: 1.48mg (9.87%), Selenium: 6.64µg (9.49%)