



## Grilled Steak Salad with Creamy Avocado Dressing

 Dairy Free

READY IN



29 min.

SERVINGS



29

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 avocado pitted ripe peeled
- 1 lb beef sirloin steak boneless
- 0.3 cup olives black sliced
- 1 cup cherry tomatoes halved
- 1 dash chili powder
- 0.3 cup lite house dressing italian kraft
- 0.3 cup onions red sliced

- 8 cups torn salad greens mixed
- 20 saltines

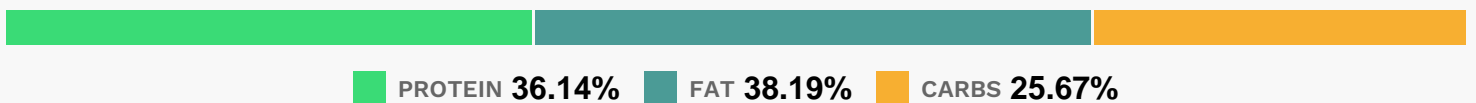
## Equipment

- blender
- grill
- aluminum foil

## Directions

- Preheat grill to medium-high heat.
- Sprinkle steak with chili powder. Grill 5 to 7 min. on each side or until medium doneness (160F).
- Remove from grill; cover loosely with foil.
- Let stand 5 min.
- Meanwhile, toss greens with tomatoes, onions and olives; place on serving platter.
- Place dressing and avocados in blender; cover. Blend until smooth.
- Cut steak across the grain into thin slices; place over salad.
- Drizzle with dressing mixture.
- Serve with the crackers.

## Nutrition Facts



## Properties

Glycemic Index:2.31, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.9830434892489%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin:

0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 43.95kcal (2.2%), Fat: 1.87g (2.87%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.46g (0.52%), Cholesterol: 9.23mg (3.08%), Sodium: 70.8mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Selenium: 5.18µg (7.4%), Vitamin B3: 1.3mg (6.52%), Vitamin B6: 0.13mg (6.29%), Vitamin C: 4.19mg (5.08%), Zinc: 0.7mg (4.65%), Phosphorus: 43.51mg (4.35%), Vitamin A: 171.11IU (3.42%), Folate: 12.67µg (3.17%), Potassium: 110.85mg (3.17%), Iron: 0.51mg (2.84%), Vitamin K: 2.76µg (2.63%), Vitamin B12: 0.15µg (2.48%), Manganese: 0.05mg (2.43%), Vitamin B2: 0.04mg (2.4%), Vitamin B1: 0.04mg (2.34%), Vitamin B5: 0.18mg (1.82%), Vitamin E: 0.27mg (1.8%), Magnesium: 7.17mg (1.79%), Copper: 0.03mg (1.68%), Fiber: 0.4g (1.6%)