



## Grilled Steak Salad with Creamy Avocado Dressing

 Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### 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

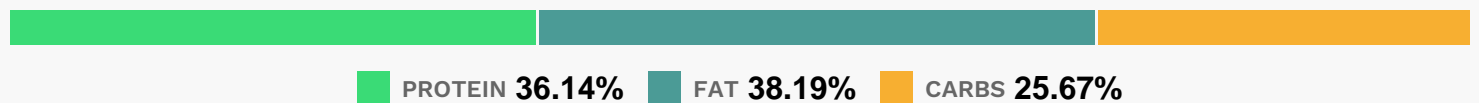
## Equipment

- 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:16.75, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:21.629130259804%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin:

0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg  
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.29mg, Quercetin: 2.29mg,  
Quercetin: 2.29mg, Quercetin: 2.29mg

## **Nutrients (% of daily need)**

Calories: 318.61kcal (15.93%), Fat: 13.54g (20.83%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 20.47g (6.82%),  
Net Carbohydrates: 17.57g (6.39%), Sugar: 3.36g (3.73%), Cholesterol: 66.9mg (22.3%), Sodium: 513.28mg  
(22.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.64%), Selenium: 37.55µg (53.64%),  
Vitamin B3: 9.46mg (47.28%), Vitamin B6: 0.91mg (45.61%), Vitamin C: 30.37mg (36.81%), Zinc: 5.06mg (33.75%),  
Phosphorus: 315.46mg (31.55%), Vitamin A: 1240.56IU (24.81%), Folate: 91.86µg (22.96%), Potassium: 803.65mg  
(22.96%), Iron: 3.7mg (20.56%), Vitamin K: 20.02µg (19.07%), Vitamin B12: 1.08µg (17.99%), Manganese: 0.35mg  
(17.61%), Vitamin B2: 0.3mg (17.39%), Vitamin B1: 0.25mg (16.97%), Vitamin B5: 1.32mg (13.22%), Vitamin E: 1.96mg  
(13.06%), Magnesium: 52.01mg (13%), Copper: 0.24mg (12.16%), Fiber: 2.9g (11.6%), Calcium: 54.73mg (5.47%)