



Grilled steak salad with horseradish dressing



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g skirt steak
- ☐ 1 tsp celery seed crushed
- ☐ 1 tbsp worcestershire sauce
- ☐ 2 servings olive oil for brushing
- ☐ 6 celery stalks thinly sliced
- ☐ 200 g tomatoes mixed red yellow good halved sliced (beefsteak, plum and cherry are all)
- ☐ 1 tbsp olive oil
- ☐ 1 tsp horseradish

- ☐ 1 tsp red wine vinegar
- ☐ 1 tsp tomato purée

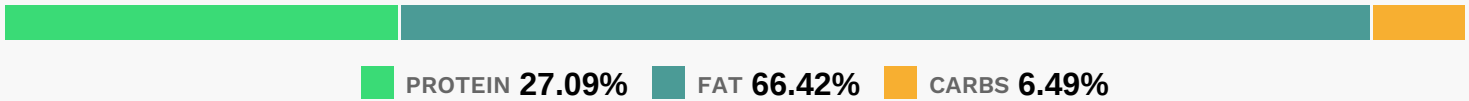
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Rub the steak on both sides with the crushed celery seeds, some seasoning and the Worcestershire sauce.
- ☐ Brush with olive oil and leave to marinate while you prepare the salad.
- ☐ Mix the dressing ingredients in a small bowl. Divide the celery and tomatoes between 2 plates.
- ☐ Heat a griddle pan over a high heat, then cook the meat for 2–3 mins on each side (depending on how thick your steaks are).
- ☐ Remove from the heat and leave to rest, covered with foil, for 5 mins.
- ☐ Slice the steaks and place on top of the salads, pour the dressing over and scatter over the celery leaves.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:20.106086920137%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 7.78mg, Luteolin: 7.78mg, Luteolin: 7.78mg, Luteolin: 7.78mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 409.47kcal (20.47%), Fat: 30.76g (47.32%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 5.13g (1.87%), Sugar: 3.94g (4.38%), Cholesterol: 78.75mg (26.25%), Sodium: 220.88mg (9.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.44%), Zinc: 8.35mg (55.67%), Vitamin B12: 2.66µg (44.38%), Selenium: 27.8µg (39.71%), Vitamin B3: 7.86mg (39.28%), Vitamin B6: 0.65mg (32.29%), Vitamin B2: 0.44mg (26%), Vitamin E: 3.78mg (25.19%), Vitamin K: 26.12µg (24.87%), Phosphorus: 231.73mg (23.17%), Potassium: 731.32mg (20.89%), Iron: 3.57mg (19.82%), Vitamin C: 16.19mg (19.63%), Vitamin A: 914.36IU (18.29%), Manganese: 0.31mg (15.67%), Magnesium: 46.56mg (11.64%), Copper: 0.21mg (10.25%), Vitamin B5: 0.85mg (8.55%), Vitamin B1: 0.12mg (8.3%), Fiber: 1.63g (6.52%), Folate: 25.5µg (6.37%), Calcium: 51.19mg (5.12%)