



Grilled Steak & Vegetable Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup lite balsamic vinaigrette dressing divided kraft
- ☐ 0.8 lb beef sirloin steak boneless
- ☐ 0.5 cup onions red thinly sliced
- ☐ 8 cups torn salad greens mixed loosely packed
- ☐ 2 large tomatoes cut into wedges
- ☐ 2 large pasilla peppers yellow

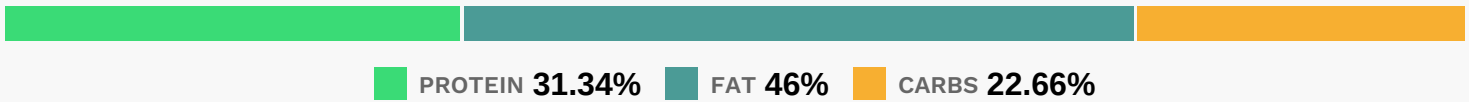
Equipment

- ☐ grill

Directions

- ☐ Heat grill to medium-high heat.
- ☐ Reserve 1/3 cup dressing.
- ☐ Brush remaining dressing onto steak and cut sides of peppers.
- ☐ Place steak and peppers, dressing sides down, on grill grate. Grill 10 min. or until steak is medium doneness (160F), turning steak after 5 min. (No need to turn peppers.) Meanwhile, cover 4 serving plates with salad greens; top with tomatoes and onions.
- ☐ Cut steak across the grain into thin slices; cut peppers into strips. Arrange meat and peppers over salads.
- ☐ Drizzle with reserved dressing.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:4.3765217946923%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 44.56kcal (2.23%), Fat: 2.29g (3.52%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.68g (0.75%), Cholesterol: 8.03mg (2.68%), Sodium: 54.58mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Vitamin C: 32.51mg (39.4%), Vitamin B6: 0.14mg (6.81%), Selenium: 4.3µg (6.15%), Vitamin A: 296.52IU (5.93%), Vitamin B3: 1.17mg (5.87%), Zinc: 0.63mg (4.18%), Phosphorus: 41.7mg (4.17%), Potassium: 141.32mg (4.04%), Folate: 13.17µg (3.29%), Manganese: 0.06mg (2.92%), Iron: 0.41mg (2.3%), Vitamin B12: 0.13µg (2.13%), Copper: 0.04mg (2.13%), Magnesium: 8.24mg (2.06%), Vitamin B2: 0.03mg (1.77%), Vitamin B1: 0.03mg (1.67%), Vitamin B5: 0.15mg (1.46%), Fiber: 0.36g (1.45%), Vitamin K: 1.31µg (1.25%)