



Peppered Roast Beef Salad

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups cabbage chinese coarsely chopped (napa)
- 0.5 cup celery root shredded peeled (celeriac)
- 1.5 cups cherry tomatoes halved
- 1 tablespoon dijon mustard
- 1 cup mushrooms fresh sliced
- 1 clove garlic finely chopped
- 1 medium bell pepper green cut into bite-size strips
- 0.3 teaspoon pepper black

- 0.8 lb pan drippings from roast beef preferably cooked cut into chunks (2 1/3 cups)
- 2 teaspoons soya sauce
- 0.3 cup vegetable oil
- 2 tablespoons tarragon vinegar
- 1 medium bell pepper yellow cut into bite-size strips

Equipment

- bowl

Directions

- In small jar with tight-fitting lid, mix dressing ingredients. Cover; shake well.
- In large bowl, mix salad ingredients.
- Pour dressing over salad; toss gently to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:13.966086912414%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 142.24kcal (7.11%), Fat: 8.56g (13.17%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 4.68g (1.7%), Sugar: 2.62g (2.92%), Cholesterol: 24.24mg (8.08%), Sodium: 765.03mg (33.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22.01%), Vitamin C: 78.73mg (95.43%), Vitamin K: 45.15µg (43%), Vitamin B3: 4.17mg (20.84%), Vitamin B6: 0.33mg (16.58%), Calcium: 146.49mg (14.65%), Phosphorus: 131.88mg (13.19%), Vitamin B12: 0.73µg (12.13%), Zinc: 1.8mg (12%), Potassium: 372.85mg (10.65%), Manganese: 0.18mg (9.09%), Iron: 1.58mg (8.75%), Vitamin B2: 0.14mg (8.15%), Folate: 31.15µg (7.79%), Fiber: 1.87g (7.48%),

Selenium: 5.05µg (7.21%), Copper: 0.13mg (6.68%), Magnesium: 23.69mg (5.92%), Vitamin E: 0.87mg (5.77%),
Vitamin B1: 0.08mg (5.54%), Vitamin A: 257.41IU (5.15%), Vitamin B5: 0.51mg (5.06%)