



HEALTH SCORE

59%

Peppery Beef and Two-Potato Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces flank steak chopped
- ☐ 1 cup spring onion thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 3 cups potatoes - remove skin red cubed (1-inch) (1 pound)
- ☐ 0.5 teaspoon salt divided

☐ 4 cups sweet potatoes and into cubed (1-inch) (1 pound)

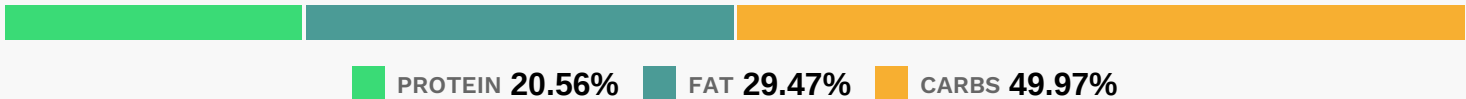
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Combine potatoes, 1 tablespoon oil, and 1/4 teaspoon salt on a baking sheet coated with cooking spray; toss well to coat.
- ☐ Bake at 450 for 30 minutes or until tender.
- ☐ Place potatoes in a large bowl.
- ☐ Add Basic Grilled Flank Steak and green onions; toss to combine.
- ☐ Combine remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, juice, and peppers, stirring with a whisk.
- ☐ Drizzle over potato mixture; toss gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:13.61, Inflammation Score:-10, Nutrition Score:22.268260872882%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 304.5kcal (15.22%), Fat: 10.08g (15.51%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 32.77g (11.92%), Sugar: 7.16g (7.96%), Cholesterol: 34.02mg (11.34%), Sodium: 408.33mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.65%), Vitamin A: 19175.27IU (383.51%), Vitamin K: 60.97µg (58.07%), Vitamin B6: 0.74mg (37.02%), Potassium: 982.39mg (28.07%), Selenium: 17.98µg (25.69%), Vitamin B3: 5.07mg (25.36%), Manganese: 0.49mg (24.46%), Fiber: 5.7g (22.78%), Phosphorus: 222.07mg (22.21%), Vitamin C: 17.18mg (20.82%), Zinc: 2.86mg (19.1%), Copper: 0.34mg (17.12%), Vitamin B5: 1.61mg (16.13%), Magnesium: 64.18mg (16.05%), Iron: 2.54mg (14.1%), Vitamin B1: 0.21mg (13.81%), Folate: 50.53µg (12.63%), Vitamin E: 1.72mg (11.45%), Vitamin B2: 0.19mg (10.99%), Vitamin B12: 0.52µg (8.6%), Calcium: 77.1mg (7.71%)