

Philly Steak Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



702 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 16 ounces flank steak cut into strips
- ☐ 32 ounce fries frozen french curly-style
- ☐ 1 bell pepper green seeded cut into strips
- ☐ 1 head iceberg lettuce
- ☐ 1 large onion sliced into rings
- ☐ 8 ounce salad dressing italian-style
- ☐ 8 ounce salad dressing ranch-style

- ☐ 8 ounce cheddar cheese shredded
- ☐ 4 tomatoes quartered

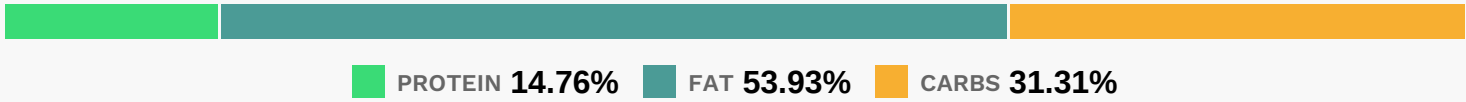
Equipment

- ☐ frying pan

Directions

- ☐ In a covered dish, spread out sliced steak, peppers and onions and pour the Italian dressing over all. Cover and refrigerate for at least 20 minutes.
- ☐ Cook French fries according to package instructions while steak is marinating.
- ☐ In a large skillet over medium-high heat, saute steak, peppers and onions until vegetables are tender and steak is cooked to your liking. Separate steak mixture into 8 equal portions while in the skillet, and top each portion with cheese. Cover and set aside to let cheese melt.
- ☐ Arrange lettuce, tomatoes and garbanzo beans on 8 separate plates. Top each salad with 1/8 of the French fries and 1/8 of the steak mixture and serve with Ranch-style salad dressing.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:22.29, Inflammation Score:-8, Nutrition Score:26.003478127977%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 702.01kcal (35.1%), Fat: 42.69g (65.67%), Saturated Fat: 13.6g (84.99%), Carbohydrates: 55.75g (18.58%), Net Carbohydrates: 46.19g (16.8%), Sugar: 10.31g (11.46%), Cholesterol: 62.37mg (20.79%), Sodium: 1492.91mg (64.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.59%), Vitamin K: 55.38µg (52.75%), Vitamin B6: 0.99mg (49.39%), Manganese: 0.92mg (45.78%), Phosphorus: 419.37mg (41.94%), Selenium: 27.67µg

(39.53%), Fiber: 9.56g (38.24%), Vitamin C: 31.08mg (37.68%), Vitamin B3: 6.77mg (33.86%), Potassium: 1121.12mg (32.03%), Zinc: 4.25mg (28.33%), Calcium: 272.6mg (27.26%), Vitamin A: 1218.38IU (24.37%), Folate: 85.37µg (21.34%), Iron: 3.75mg (20.83%), Magnesium: 72.57mg (18.14%), Vitamin B2: 0.27mg (15.95%), Vitamin B1: 0.23mg (15.25%), Vitamin E: 2.13mg (14.21%), Vitamin B5: 1.4mg (13.99%), Vitamin B12: 0.82µg (13.61%), Copper: 0.25mg (12.47%), Vitamin D: 0.17µg (1.13%)