



Ranch Steak Bruschetta Salad

 Dairy Free

READY IN



29 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 teaspoons ancho chile powder
- ☐ 6 cups arugula loosely packed
- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 12 cherry tomatoes halved
- ☐ 1 ounce bread french toasted
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 teaspoons ground coffee

- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 tablespoons horseradish prepared
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 tablespoons ranch dressing
- ☐ 0.3 cup bottled roasted bell peppers red chopped
- ☐ 0.3 cup shallots chopped

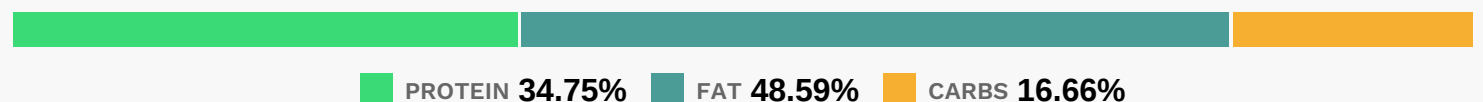
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ To prepare salad dressing, combine ranch dressing and horseradish in a small bowl; cover and chill.
- ☐ To prepare steaks, combine black pepper, ground coffee, ground cumin, and ancho chile powder. Rub both sides of steaks with pepper mixture, and let stand 10 minutes.
- ☐ Heat a nonstick grill pan over medium heat. Coat steaks with cooking spray.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan; let stand 7 minutes.
- ☐ Combine shallots, fresh basil, bell peppers, juice, and tomatoes in a small bowl; toss well.
- ☐ Arrange 1 cup arugula on each of 6 serving plates, and top each serving with 2 toast slices.
- ☐ Cut each steak diagonally across grain into thin slices. Divide steak slices evenly among the toast slices; top each serving with about 2 tablespoons tomato mixture.
- ☐ Drizzle each serving with about 1 tablespoon of the salad dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.42, Glycemic Load:2.67, Inflammation Score:-7, Nutrition Score:15.701304253353%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 216.88kcal (10.84%), Fat: 11.72g (18.03%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 7.37g (2.68%), Sugar: 3.37g (3.75%), Cholesterol: 52.28mg (17.43%), Sodium: 320.41mg (13.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.72%), Vitamin K: 50.26µg (47.87%), Selenium: 25.59µg (36.55%), Vitamin B6: 0.59mg (29.33%), Vitamin B3: 5.49mg (27.46%), Phosphorus: 225.36mg (22.54%), Zinc: 3.37mg (22.44%), Vitamin C: 16.38mg (19.85%), Vitamin A: 890.33IU (17.81%), Manganese: 0.35mg (17.33%), Iron: 2.69mg (14.96%), Potassium: 518.84mg (14.82%), Vitamin B12: 0.73µg (12.14%), Folate: 48.02µg (12.01%), Magnesium: 40.91mg (10.23%), Vitamin B2: 0.16mg (9.47%), Vitamin B1: 0.13mg (8.46%), Vitamin B5: 0.81mg (8.15%), Calcium: 79.82mg (7.98%), Copper: 0.15mg (7.68%), Vitamin E: 1.09mg (7.25%), Fiber: 1.67g (6.7%)