



Roast Beef and Blue Cheese Salad

 Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

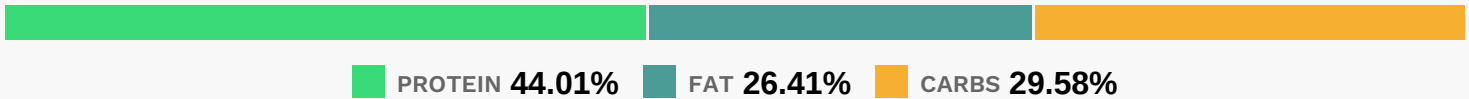
- ☐ 1 ounce cheese blue crumbled
- ☐ 20 cherry tomatoes
- ☐ 8 cups salad greens mixed european-style packed
- ☐ 0.3 cup raspberry vinaigrette fat-free
- ☐ 8 ounces well-trimmed deli roast beef thinly sliced

Equipment

Directions

- ☐ Arrange salad greens evenly on each of 4 plates.
- ☐ Divide roast beef slices into 2 stacks; roll each stack, jellyroll fashion, and cut crosswise into 1-inch slices.
- ☐ Arrange beef, tomatoes, and cheese over greens.
- ☐ Drizzle evenly with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.04, Inflammation Score:-8, Nutrition Score:14.118260984188%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 139.1kcal (6.95%), Fat: 4.17g (6.41%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 9.91g (3.6%), Sugar: 6.33g (7.04%), Cholesterol: 37.63mg (12.54%), Sodium: 1138.28mg (49.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Vitamin C: 63.45mg (76.91%), Vitamin A: 1378.53IU (27.57%), Vitamin B3: 5.18mg (25.89%), Calcium: 215.93mg (21.59%), Phosphorus: 191.86mg (19.19%), Vitamin B6: 0.37mg (18.49%), Vitamin B12: 1.05µg (17.51%), Zinc: 2.52mg (16.82%), Potassium: 499.8mg (14.28%), Iron: 2.29mg (12.75%), Folate: 48.36µg (12.09%), Manganese: 0.22mg (10.91%), Vitamin B2: 0.16mg (9.15%), Selenium: 5.57µg (7.96%), Magnesium: 29.99mg (7.5%), Copper: 0.15mg (7.31%), Vitamin B1: 0.08mg (5.48%), Vitamin B5: 0.5mg (4.98%), Vitamin E: 0.49mg (3.29%), Vitamin K: 2.55µg (2.43%), Fiber: 0.6g (2.38%)