



Roast Beef and Romaine Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 oz cheese blue crumbled
- ☐ 1 cup croutons
- ☐ 1.5 tablespoons juice of lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 8 ounces roast beef thinly sliced cut into small pieces
- ☐ 9 cups the of 1 cos lettuce quartered
- ☐ 4 servings salt and pepper

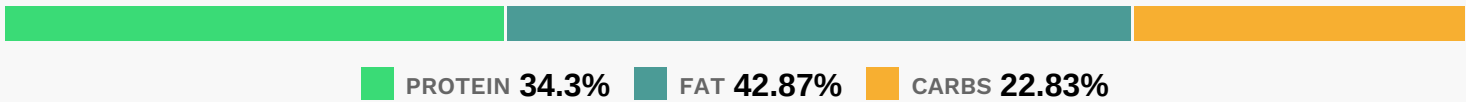
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together yogurt, mayonnaise, lemon juice, salt, pepper and 2 Tbsp. water in a small bowl. Stir in blue cheese.
- ☐ Place romaine in large bowl and toss with dressing to coat.
- ☐ Add roast beef and croutons, and toss again.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:3.78, Inflammation Score:-10, Nutrition Score:23.113043410623%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 210.78kcal (10.54%), Fat: 10.22g (15.73%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 9.63g (3.5%), Sugar: 3.05g (3.39%), Cholesterol: 46.11mg (15.37%), Sodium: 1397.49mg (60.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.81%), Vitamin A: 9336.93IU (186.74%), Vitamin K: 116.28µg (110.75%), Folate: 167.35µg (41.84%), Vitamin C: 32.04mg (38.84%), Calcium: 303.52mg (30.35%), Vitamin B3: 5.12mg (25.6%), Phosphorus: 229.24mg (22.92%), Vitamin B12: 1.22µg (20.38%), Zinc: 2.88mg (19.22%), Vitamin B6: 0.34mg (17.05%), Vitamin B2: 0.25mg (14.63%), Potassium: 511.55mg (14.62%), Iron: 2.6mg (14.47%), Selenium: 9.97µg (14.24%), Manganese: 0.22mg (10.81%), Vitamin B1: 0.16mg (10.78%), Fiber: 2.62g (10.48%), Magnesium: 35.52mg (8.88%), Vitamin B5: 0.7mg (7.04%), Copper: 0.11mg (5.7%), Vitamin E: 0.49mg (3.28%)