



Rosemary-Dijon Grilled Steak Salad



Gluten Free



Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups baby spinach leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 slices cheese blue crumbled
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup cooking wine dry red
- ☐ 1.5 pounds flank steak
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 1 tablespoon olive oil
- ☐ 4 servings dijon-rosemary dressing
- ☐ 0.3 teaspoon salt

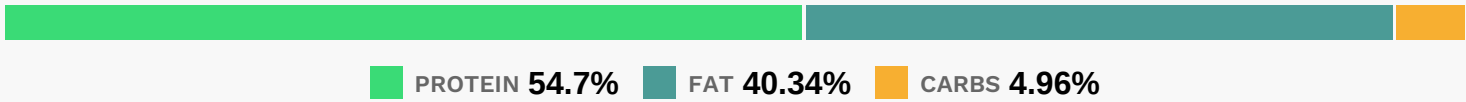
Equipment

- ☐ paper towels
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large, heavy-duty zip-top plastic bag.
- ☐ Add steak and seal bag, turning to coat. Refrigerate 6 hours or overnight.
- ☐ Preheat grill to high (450 to 600).
- ☐ Remove steak from marinade, discarding marinade. Pat steak dry with paper towels, and sprinkle with salt and pepper. Grill, on greased grill rack, 6 minutes on each side (for medium-rare) or to desired degree of doneness.
- ☐ Let stand 5 minutes before cutting into thin slices.
- ☐ Toss spinach with 1/4 cup Dijon-Rosemary Dressing, and divide among 4 salad plates.
- ☐ Place steak slices on plates, and top with crumbled blue cheese.
- ☐ Serve with grilled baguette slices and remaining dressing.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:30.193913159568%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin:

2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.35mg, Luteolin:
0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg,
Isorhamnetin: 0.01mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg
Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.99mg, Quercetin: 1.99mg,
Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 307.63kcal (15.38%), Fat: 12.54g (19.29%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 3.47g (1.16%), Net
Carbohydrates: 2.04g (0.74%), Sugar: 0.31g (0.35%), Cholesterol: 102.25mg (34.08%), Sodium: 356.83mg (15.51%),
Alcohol: 3.15g (100%), Alcohol %: 1.54% (100%), Protein: 38.25g (76.49%), Vitamin K: 221.85µg (211.28%), Vitamin A:
4232.29IU (84.65%), Selenium: 53.44µg (76.34%), Vitamin B6: 1.14mg (57.16%), Vitamin B3: 10.98mg (54.88%), Zinc:
6.83mg (45.54%), Phosphorus: 377.31mg (37.73%), Folate: 110.46µg (27.61%), Vitamin B12: 1.55µg (25.85%),
Manganese: 0.5mg (24.87%), Potassium: 852.05mg (24.34%), Iron: 4.05mg (22.5%), Magnesium: 77.49mg (19.37%),
Vitamin B2: 0.29mg (17%), Vitamin C: 13.22mg (16.02%), Vitamin E: 1.94mg (12.93%), Vitamin B1: 0.18mg (11.7%),
Vitamin B5: 1.14mg (11.39%), Copper: 0.2mg (9.76%), Calcium: 91.15mg (9.11%), Fiber: 1.43g (5.7%)