



Seared Buffalo Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 ounce vermicelli cut into 4-inch lengths
- 3.5 tablespoons olive oil
- 0.5 pound radishes cut into matchsticks
- 4 servings salt and pepper freshly ground
- 2 large scallions cut lengthwise into 2-inch-long strips
- 2 tablespoons sherry vinegar
- 8 ounce buffalo strip steak

Equipment

- bowl
- frying pan
- sauce pan
- colander
- cutting board

Directions

- In a medium bowl, cover the noodles with warm water and let stand until pliable, about 20 minutes; drain. Bring a medium saucepan of water to a boil and add the noodles. Cook, stirring, until al dente, about 1 minute.
- Drain the noodles in a colander, lifting them every few minutes to dry them.
- Season the buffalo with salt and pepper.
- Heat 1/2 tablespoon of the oil in a small skillet.
- Add the steak and cook over moderately high heat until well browned and rare in the center, about 3 minutes per side.
- Transfer to a cutting board and let rest for at least 5 minutes.
- In a small bowl, combine the remaining 3 tablespoons of olive oil with the sherry vinegar and 1/4 teaspoon each of salt and pepper.
- Thinly slice the steak crosswise across the grain. Stack the slices and cut the meat lengthwise into thin strips. In a bowl, toss the steak strips with the radishes, scallions and noodles.
- Add the dressing, toss again and serve at once.

Nutrition Facts

 PROTEIN **18.04%**  FAT **68.82%**  CARBS **13.14%**

Properties

Glycemic Index:16, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:9.4221739561661%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 1.34mg,

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Nutrients (% of daily need)

Calories: 274.67kcal (13.73%), Fat: 20.86g (32.1%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 7.7g (2.8%), Sugar: 1.35g (1.5%), Cholesterol: 45.36mg (15.12%), Sodium: 248.94mg (10.82%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 12.3g (24.61%), Vitamin K: 34.84µg (33.18%), Selenium: 14.3µg (20.43%), Vitamin B6: 0.37mg (18.7%), Vitamin B3: 3.34mg (16.72%), Zinc: 2.2mg (14.64%), Vitamin E: 2.06mg (13.72%), Vitamin C: 10.78mg (13.07%), Phosphorus: 125.99mg (12.6%), Potassium: 347.87mg (9.94%), Vitamin B12: 0.56µg (9.26%), Iron: 1.47mg (8.16%), Folate: 28.55µg (7.14%), Vitamin B2: 0.1mg (5.62%), Magnesium: 20.59mg (5.15%), Fiber: 1.27g (5.07%), Vitamin B1: 0.07mg (4.42%), Vitamin B5: 0.44mg (4.41%), Copper: 0.09mg (4.28%), Calcium: 38.68mg (3.87%), Manganese: 0.08mg (3.76%), Vitamin A: 128.59IU (2.57%)