



SEVEN SEASÂ® Sensational Steak Salad

 Gluten Free  Dairy Free  Low Fod Map

READY IN



58 min.

SERVINGS



58

CALORIES



23 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb beef flank steak
- 1 cup cherry tomatoes halved
- 0.5 cup seasoned croutons
- 10 oz salad greens mixed
- 1 cup viva dressing italian divided kraft

Equipment

- bowl
- grill

Directions

- Pour 3/4 cup of the dressing over steak in shallow glass or plastic dish; cover. Refrigerate at least 30 minutes to marinate.
- Drain; discard marinade.
- Preheat greased grill to medium heat. Grill steak 8 minutes on each side or until cooked through.
- Cut steak across grain into thin strips.
- Place greens in large salad bowl.
- Add steak, tomatoes and remaining 1/4 cup dressing; toss to coat.
- Sprinkle with croutons.

Nutrition Facts

PROTEIN 32.27% **FAT 50.95%** **CARBS 16.78%**

Properties

Glycemic Index:1.24, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.2447825887281%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 22.74kcal (1.14%), Fat: 1.27g (1.95%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.5g (0.56%), Cholesterol: 4.69mg (1.56%), Sodium: 47.74mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Selenium: 2.52µg (3.6%), Vitamin B6: 0.06mg (2.8%), Vitamin B3: 0.55mg (2.73%), Vitamin K: 2.43µg (2.32%), Zinc: 0.32mg (2.12%), Vitamin C: 1.74mg (2.1%), Phosphorus: 19.33mg (1.93%), Vitamin A: 69.55IU (1.39%), Potassium: 44.4mg (1.27%), Vitamin B12: 0.07µg (1.19%), Iron: 0.19mg (1.05%)