



Sirloin Salad with Blue Cheese Dressing & Sweet Potato Fries



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons cheese blue crumbled
- ☐ 2 carrots shredded peeled
- ☐ 0.5 teaspoon pepper divided
- ☐ 0.5 cup greek yogurt plain low-fat
- ☐ 8 cups romaine lettuce chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound rump steak

- ☐ 1.5 pounds sweet potatoes cut into 1/4-inch-thick matchsticks
- ☐ 2 tomatoes diced

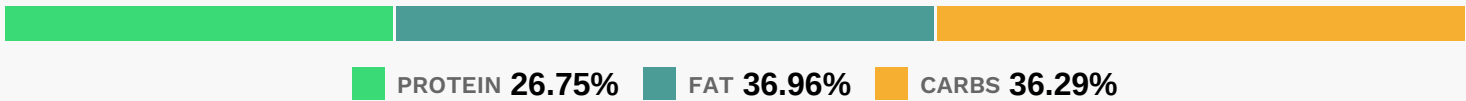
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler

Directions

- ☐ Preheat broiler. Coat sweet potato fries and steak with cooking spray.
- ☐ Place on separate baking sheets, and sprinkle with 1/4 teaspoon each salt and pepper.
- ☐ Place fries and steak in oven for 20 minutes, turning fries once, halfway through. Steak is done when a meat thermometer inserted into the thickest part registers 160 (medium). Fries should be tender and crisp.
- ☐ Combine yogurt, blue cheese, and remaining 1/4 teaspoon each salt and pepper. Toss lettuce, tomato, and carrot together.
- ☐ Cut steak into strips. Arrange the salad evenly on 4 plates and top with steak.
- ☐ Drizzle dressing over salad; serve with sweet potato fries.

Nutrition Facts



Properties

Glycemic Index:50.46, Glycemic Load:18.56, Inflammation Score:-10, Nutrition Score:33.644347791439%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 484.39kcal (24.22%), Fat: 19.95g (30.69%), Saturated Fat: 8.56g (53.51%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 35.35g (12.86%), Sugar: 12.46g (13.84%), Cholesterol: 70.39mg (23.46%), Sodium: 569.25mg (24.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.5g (64.99%), Vitamin A: 37997.87IU (759.96%), Vitamin K: 108.87µg (103.69%), Vitamin B12: 3.24µg (53.96%), Vitamin B6: 0.96mg (47.98%), Folate: 170.94µg (42.73%), Potassium: 1420.46mg (40.58%), Manganese: 0.75mg (37.31%), Phosphorus: 358.38mg (35.84%), Fiber: 8.73g (34.93%), Zinc: 4.81mg (32.09%), Vitamin B3: 6.1mg (30.49%), Selenium: 21.17µg (30.24%), Iron: 4.53mg (25.19%), Vitamin B2: 0.43mg (25.14%), Vitamin B1: 0.36mg (23.93%), Magnesium: 90.83mg (22.71%), Copper: 0.45mg (22.4%), Vitamin C: 18.07mg (21.9%), Vitamin B5: 2.11mg (21.08%), Calcium: 176.37mg (17.64%), Vitamin E: 1.12mg (7.45%)