



Sirloin Steak and Pasta Salad

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 ounce cheese blue crumbled
- ☐ 1 teaspoon bottled garlic minced
- ☐ 3 tablespoons dijon mustard
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 pound green beans trimmed

- ☐ 2 cups mostaccioli pasta) (tube-shaped uncooked
- ☐ 1 tablespoon garlic-pepper blend salt-free (such as Spice Hunter)
- ☐ 1.5 cups bell pepper red thinly sliced
- ☐ 1.5 cups onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound rump steak boneless trimmed

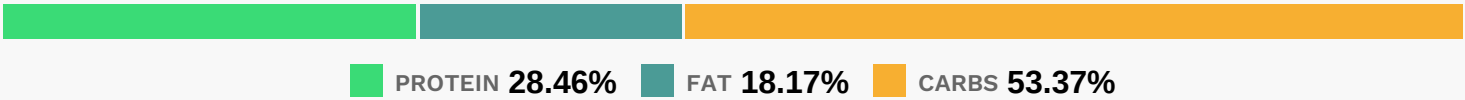
Equipment

- ☐ bowl
- ☐ broiler
- ☐ dutch oven
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ While the broiler preheats, bring 3 quarts water to a boil in a large Dutch oven.
- ☐ Add pasta; cook 5 1/2 minutes.
- ☐ Add beans, and cook 3 minutes or until pasta is done.
- ☐ Drain and rinse with cold water.
- ☐ Drain well.
- ☐ Sprinkle steak with the garlic-pepper blend.
- ☐ Place on a broiler pan; broil 3 inches from heat 10 minutes or until desired degree of doneness, turning after 5 minutes.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Combine onion and next 8 ingredients (onion through black pepper) in a large bowl.
- ☐ Add pasta mixture and beef slices; toss well to coat.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:104.5, Glycemic Load:20.47, Inflammation Score:-9, Nutrition Score:28.314347839874%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg

Nutrients (% of daily need)

Calories: 424.08kcal (21.2%), Fat: 8.51g (13.1%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 56.27g (18.76%), Net Carbohydrates: 50.9g (18.51%), Sugar: 8.75g (9.72%), Cholesterol: 57.2mg (19.07%), Sodium: 411.28mg (17.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Vitamin C: 80.75mg (97.88%), Selenium: 63.09µg (90.13%), Vitamin B6: 0.93mg (46.41%), Manganese: 0.87mg (43.74%), Vitamin A: 2088.42IU (41.77%), Vitamin B3: 8.26mg (41.32%), Phosphorus: 370.47mg (37.05%), Zinc: 4.94mg (32.95%), Vitamin K: 23.76µg (22.62%), Fiber: 5.37g (21.47%), Potassium: 744.75mg (21.28%), Magnesium: 79.15mg (19.79%), Vitamin B12: 1.1µg (18.31%), Folate: 72.12µg (18.03%), Iron: 3.16mg (17.53%), Copper: 0.31mg (15.38%), Vitamin B2: 0.26mg (15.14%), Vitamin B1: 0.21mg (14.27%), Vitamin B5: 1.29mg (12.92%), Calcium: 119.69mg (11.97%), Vitamin E: 1.57mg (10.47%)