



Steak Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups baby arugula fresh
- 1.5 cups belgian endive thinly sliced
- 4 servings pepper black freshly ground
- 12 cherry tomatoes halved
- 4 ounces gorgonzola crumbled
- 2 teaspoons honey
- 3 tablespoons juice of lemon
- 1 cup olive oil

- 0.5 onion red thinly sliced into rings
- 0.5 cup red wine vinegar
- 0.5 head romaine lettuce cut into bite-size pieces
- 2 teaspoons salt
- 4 servings salt and pepper black freshly ground
- 1 pound grilled chilled (such as New York, rib-eye or filet mignon)

Equipment

- bowl
- blender

Directions

- In a large bowl, combine the romaine lettuce, Belgian endive, red onion, baby arugula and cherry tomatoes, and half of the cheese. Toss the salad with enough vinaigrette to coat. Season the salad with salt and pepper, to taste. Arrange the salad on a platter.
- Cut the steaks crosswise into thin slices. Arrange the steak slices atop the salad and sprinkle with the remaining cheese.
- Drizzle more vinaigrette over the steak slices and serve.
- Mix the vinegar, lemon juice, honey, salt, and pepper in a blender. With the machine running, gradually blend in the oil.

Nutrition Facts

■ PROTEIN 13.1% ■ FAT 67.76% ■ CARBS 19.14%

Properties

Glycemic Index:50.57, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:19.830869630627%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg

1.33mg, Isorhamnetin: 1.33mg Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg,
Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 252.31kcal (12.62%), Fat: 19.41g (29.86%), Saturated Fat: 6.86g (42.9%), Carbohydrates: 12.33g (4.11%), Net
Carbohydrates: 8.72g (3.17%), Sugar: 6.39g (7.1%), Cholesterol: 21.26mg (7.09%), Sodium: 1508.8mg (65.6%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.88%), Vitamin A: 7649.05IU (152.98%), Vitamin K:
105.55µg (100.52%), Folate: 155.26µg (38.81%), Vitamin C: 23.49mg (28.47%), Calcium: 219.08mg (21.91%),
Phosphorus: 171.78mg (17.18%), Manganese: 0.32mg (16.17%), Potassium: 551.73mg (15.76%), Fiber: 3.61g (14.45%),
Vitamin E: 2.1mg (14%), Vitamin B2: 0.2mg (11.83%), Iron: 1.77mg (9.84%), Vitamin B6: 0.19mg (9.67%), Magnesium:
36.18mg (9.04%), Vitamin B5: 0.82mg (8.18%), Vitamin B1: 0.12mg (7.98%), Zinc: 1.18mg (7.87%), Selenium: 4.91µg
(7.02%), Copper: 0.13mg (6.54%), Vitamin B12: 0.35µg (5.76%), Vitamin B3: 0.94mg (4.69%)