



Steak Salad (Ranen Salad)

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



718 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds beef sirloin steak
- ☐ 0.8 cup cheese blue crumbled
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 0.1 teaspoon liquid smoke flavoring
- ☐ 3 tablespoons red wine vinegar
- ☐ 6 roma tomatoes sliced plum

- ☐ 8 cups romaine lettuce
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup walnuts
- ☐ 3 teaspoons worcestershire sauce

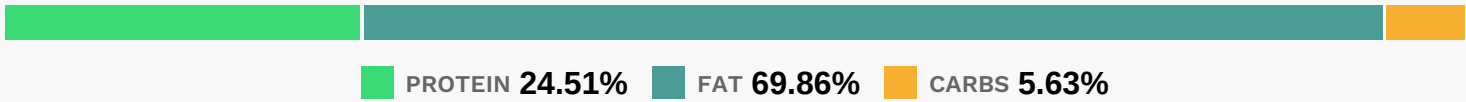
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat oven on broiler setting. Broil steaks for 3 to 5 minutes per side, or to desired doneness. Allow to cool, then slice into bite-size pieces.
- ☐ On chilled plates, arrange lettuce, tomatoes, and mushrooms.
- ☐ Sprinkle with blue cheese and walnuts. Top with steak slices.
- ☐ In a small bowl, whisk together oil, vinegar, lemon juice, salt, pepper, Worcestershire sauce, and smoke flavoring.
- ☐ Drizzle over salad.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:35.916521528493%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Luteolin: 0.05mg,

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 718.16kcal (35.91%), Fat: 55.94g (86.06%), Saturated Fat: 18.25g (114.05%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 6.41g (2.33%), Sugar: 4.76g (5.29%), Cholesterol: 114.24mg (38.08%), Sodium: 746.38mg (32.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.16g (88.31%), Vitamin A: 9161.03IU (183.22%), Vitamin K: 138.06µg (131.48%), Vitamin B12: 5.04µg (84.04%), Phosphorus: 484.37mg (48.44%), Selenium: 33.62µg (48.03%), Zinc: 6.93mg (46.22%), Vitamin B6: 0.89mg (44.39%), Folate: 172.19µg (43.05%), Vitamin B3: 7.83mg (39.17%), Potassium: 1162.4mg (33.21%), Vitamin B2: 0.55mg (32.34%), Iron: 5.24mg (29.11%), Manganese: 0.55mg (27.31%), Vitamin C: 20.39mg (24.72%), Vitamin B1: 0.32mg (21.28%), Copper: 0.41mg (20.57%), Calcium: 198.1mg (19.81%), Magnesium: 77.46mg (19.37%), Fiber: 3.74g (14.95%), Vitamin E: 2.24mg (14.94%), Vitamin B5: 1.41mg (14.13%)