



## Steak Salad with Corn & Tomatoes

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



20 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 lb beef flank steak
- 0.8 cup milk cheddar cheese shredded 2% kraft
- 12 cherry tomatoes cut in half
- 3 Tbsp cilantro leaves fresh divided chopped
- 0.5 cup regular corn frozen thawed
- 2 Tbsp juice of lemon
- 0.5 cup lite house dressing italian divided kraft
- 8 cups torn romaine lettuce loosely packed

# Equipment

grill

# Directions

- Mix 2 Tbsp. dressing, lemon juice and 1 Tbsp. cilantro; pour over steak in shallow dish. Turn steak to coat both sides. Refrigerate 30 min. to marinate, turning steak after 15 min.
- Heat grill to medium heat.
- Remove steak from marinade; discard marinade. Grill steak 10 min. or until medium doneness (160F), turning after 5 min.
- Remove from grill.
- Let stand 5 min.
- Cut across the grain into thin slices.
- Cover platter with lettuce; top with meat, tomatoes, corn, cheese, remaining dressing and cilantro.

# Nutrition Facts



# Properties

Glycemic Index:1.07, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:1.999130456182%

# Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

# Nutrients (% of daily need)

Calories: 20.49kcal (1.02%), Fat: 1.22g (1.87%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.42g (0.47%), Cholesterol: 4.01mg (1.34%), Sodium: 34.52mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin A: 631.36IU (12.63%), Vitamin K: 8.46µg (8.06%), Folate: 11.36µg (2.84%), Selenium: 1.75µg (2.51%), Phosphorus: 20.16mg (2.02%), Vitamin B6: 0.04mg (1.92%), Vitamin C: 1.45mg (1.76%), Zinc: 0.25mg (1.65%), Vitamin B3: 0.33mg (1.64%), Calcium: 14.81mg (1.48%), Potassium: 47.1mg (1.35%), Vitamin B2: 0.02mg (1.08%)