



Steak Salad with Creamy Dressing

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 oz beef tenderloin steaks trimmed of fat
- 0.3 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 6.5 oz boston lettuce sweet
- 1 cup cherry tomatoes cut in half
- 0.5 cup cucumber english seedless thinly sliced ()
- 0.8 cup cream fat-free sour
- 0.3 cup onion red chopped

- 2 teaspoons chives fresh chopped
- 2.5 teaspoons horseradish prepared
- 0.5 teaspoon juice of lemon fresh

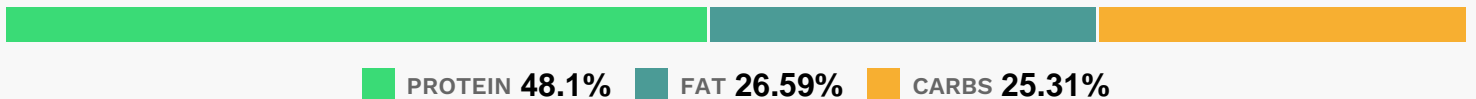
Equipment

- bowl
- whisk
- grill

Directions

- Heat gas or charcoal grill.
- Sprinkle steaks with salt and 1/4 teaspoon of the pepper. Carefully brush oil on grill rack.
- Place steaks on grill over medium-high heat. Cover grill; cook 10 minutes, turning once, or until of desired doneness.
- Remove steaks from grill. Cover loosely; let stand 10 minutes.
- Meanwhile, in large bowl, toss lettuce, tomatoes and cucumber; divide salad among 4 serving plates. In small bowl, stir sour cream, onion, chives, horseradish, lemon juice and remaining 1/4 teaspoon pepper with wire whisk until well blended.
- Cut steaks across grain into thin slices; arrange over salads.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:16.83304330577%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.14mg, Kaempferol:

0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 178.84kcal (8.94%), Fat: 5.24g (8.07%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.05g (3.65%), Sugar: 2.45g (2.72%), Cholesterol: 58.31mg (19.44%), Sodium: 273.18mg (11.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.7%), Vitamin K: 52.88µg (50.36%), Selenium: 28.88µg (41.26%), Vitamin A: 1854.98IU (37.1%), Vitamin B6: 0.63mg (31.3%), Vitamin B3: 5.89mg (29.43%), Zinc: 3.81mg (25.41%), Phosphorus: 252.08mg (25.21%), Potassium: 594.42mg (16.98%), Vitamin B12: 0.92µg (15.34%), Vitamin C: 12.61mg (15.29%), Folate: 59.56µg (14.89%), Iron: 2.29mg (12.72%), Vitamin B2: 0.21mg (12.39%), Calcium: 100.66mg (10.07%), Manganese: 0.19mg (9.61%), Magnesium: 37.43mg (9.36%), Vitamin B1: 0.13mg (8.6%), Vitamin B5: 0.72mg (7.23%), Copper: 0.12mg (6.11%), Fiber: 1.18g (4.73%), Vitamin E: 0.57mg (3.77%)