



## Steakhouse Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.8 lb beef sirloin steak
- 2 tsp horseradish prepared kraft
- 2 Tbsp a.1. original sauce
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 0.3 cup lite ranch dressing kraft
- 1 small onion red cut into thin wedges
- 8 cups romaine lettuce loosely packed chopped
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft

1 tomatoes cut into wedges

## Equipment

grill

cutting board

## Directions

Heat grill to medium heat.

Grill steak 3 min. on each side.

Brush with half the A.

Sauce. Grill 4 to 5 min. or until medium doneness (160F), turning and brushing occasionally with remaining A.

Sauce.

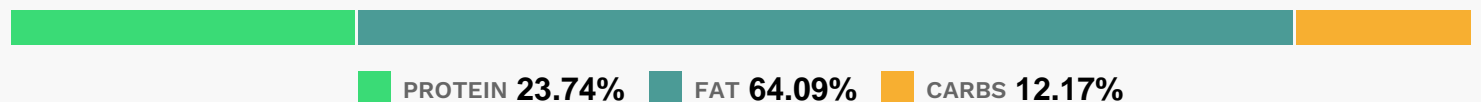
Transfer steak to cutting board; cover.

Let stand 5 min. Meanwhile, mix mayo, dressing and horseradish until blended.

Cut steak across the grain into thin slices. Cover platter with lettuce; top with tomatoes, onions and meat.

Drizzle with mayo mixture; sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:5.08, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:4.4713043693615%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 61.94kcal (3.1%), Fat: 4.41g (6.79%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.42g (0.52%), Sugar: 1g (1.12%), Cholesterol: 10.86mg (3.62%), Sodium: 79.98mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin A: 1376.19IU (27.52%), Vitamin K: 20.3µg (19.33%), Vitamin B12: 0.41µg (6.77%), Folate: 23.73µg (5.93%), Phosphorus: 45.92mg (4.59%), Selenium: 3.12µg (4.46%), Zinc: 0.59mg (3.92%), Vitamin B6: 0.07mg (3.73%), Potassium: 102.24mg (2.92%), Vitamin B3: 0.58mg (2.9%), Vitamin B2: 0.05mg (2.87%), Iron: 0.46mg (2.54%), Calcium: 24.29mg (2.43%), Vitamin C: 1.7mg (2.06%), Vitamin B1: 0.03mg (1.97%), Manganese: 0.04mg (1.91%), Fiber: 0.46g (1.85%), Magnesium: 6.69mg (1.67%), Copper: 0.02mg (1.22%), Vitamin E: 0.17mg (1.11%), Vitamin B5: 0.1mg (1.03%)