



HEALTH SCORE

63%

Steakhouse Salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



650 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 small potatoes – remove skin red quartered
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons kosher salt (coarse)
- ☐ 0.5 teaspoon pepper
- ☐ 1 lb flank steak
- ☐ 6 oz baby spinach fresh washed
- ☐ 1 medium tomatoes cut into bite-size pieces
- ☐ 0.3 cup bacon

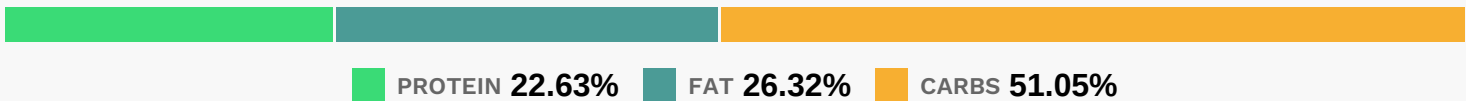
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat oven to 375°F. In large bowl, toss potatoes, 1 tablespoon of the oil, 1 teaspoon of the salt and 1/4 teaspoon of the pepper.
- ☐ Spread on cookie sheet with sides. Roast 20 to 25 minutes, stirring occasionally, until tender.
- ☐ Meanwhile, sprinkle beef steak with remaining 1 teaspoon salt and 1/4 teaspoon pepper. In 12-inch nonstick skillet, heat remaining 1 tablespoon oil over medium heat.
- ☐ Add beef; cover and cook 8 to 10 minutes, turning once, until desired doneness.
- ☐ Remove beef from skillet to cutting board; cover with foil and let rest 5 minutes.
- ☐ Cut beef into thin bite-size pieces. In large bowl, toss beef, potatoes, spinach, tomato and dressing.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:46.099130532016%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 650.07kcal (32.5%), Fat: 19.29g (29.67%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 84.18g (28.06%), Net Carbohydrates: 74.14g (26.96%), Sugar: 7.57g (8.41%), Cholesterol: 77.8mg (25.93%), Sodium: 1447.71mg (62.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.32g (74.64%), Vitamin K: 236.89µg (225.61%), Potassium: 3050.19mg (87.15%), Vitamin A: 4286.19IU (85.72%), Vitamin B6: 1.7mg (85.03%), Vitamin C: 60.02mg (72.75%), Vitamin B3: 14.01mg (70.05%), Manganese: 1.18mg (59.23%), Phosphorus: 590.07mg (59.01%), Selenium: 39.42µg (56.31%), Folate: 193.69µg (48.42%), Magnesium: 176.36mg (44.09%), Zinc: 6.48mg (43.23%), Copper: 0.85mg (42.5%), Fiber: 10.04g (40.15%), Vitamin B1: 0.58mg (38.69%), Iron: 6.8mg (37.78%), Vitamin B5: 2.28mg (22.78%), Vitamin B2: 0.39mg (22.77%), Vitamin B12: 1.11µg (18.43%), Vitamin E: 2.03mg (13.54%), Calcium: 122.55mg (12.26%)