



Summer Steak Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



30

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 lb beef sirloin steak
- 0.5 cup slivered onions red
- 1 tsp cracked pepper black
- 10 cups torn romaine lettuce loosely packed
- 0.5 cup lite thousand island dressing kraft
- 1 large tomatoes cut into wedges
- 1 small zucchini sliced

Equipment

bowl

grill

Directions

Heat grill to medium-high heat.

Sprinkle steak with pepper.

Grill 5 to 7 min. on each side or until medium doneness (160F).

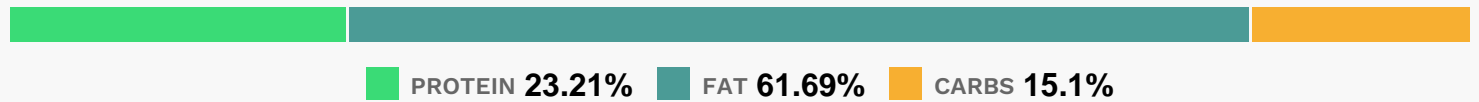
Remove from grill.

Let stand 5 min.

Cut steak across the grain into thin slices; toss with all remaining ingredients except dressing in large bowl.

Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:3.73, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:4.3991304480511%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 46.62kcal (2.33%), Fat: 3.22g (4.95%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.24g (0.45%), Sugar: 1.19g (1.32%), Cholesterol: 7.43mg (2.48%), Sodium: 48.2mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin A: 1432.18IU (28.64%), Vitamin K: 19.71µg (18.77%), Folate: 24.36µg (6.09%), Vitamin B1: 0.09mg (5.86%), Vitamin B12: 0.32µg (5.25%), Vitamin B6: 0.07mg (3.47%), Potassium: 107.62mg (3.07%), Zinc: 0.45mg (2.98%), Phosphorus: 29.39mg (2.94%), Selenium: 2.02µg (2.89%), Vitamin C: 2.36mg (2.86%), Vitamin B3: 0.54mg (2.68%), Manganese: 0.05mg (2.66%), Iron: 0.47mg (2.62%), Vitamin B2: 0.04mg (2.29%), Fiber: 0.54g (2.15%), Magnesium: 6.55mg (1.64%), Vitamin E: 0.23mg (1.5%), Copper: 0.02mg (1.2%)