



Tangy Steak Salad



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 pound beef top sirloin steaks boneless thinly sliced
- ☐ 3 tablespoons dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 cups lettuce
- ☐ 1 cup celery stalks sliced
- ☐ 4 spring onion sliced
- ☐ 1 small bell pepper red sliced

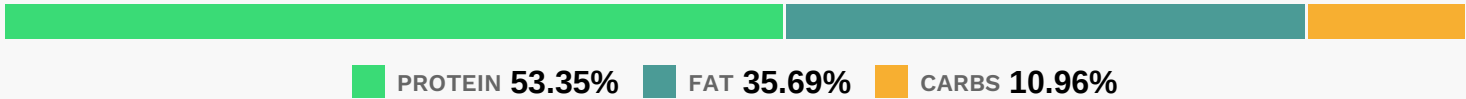
Equipment

☐ frying pan

Directions

- ☐ Heat oil in 10-inch skillet over high heat.
- ☐ Cook beef in oil about 2 minutes, stirring constantly, until brown; drain. Stir in mustard and parsley; keep warm,
- ☐ Toss lettuce, celery, green onions and bell pepper. Divide among 4 dinner plates. Top with beef mixture.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:0.98, Inflammation Score:-8, Nutrition Score:20.990435019783%

Flavonoids

Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 203.56kcal (10.18%), Fat: 8.02g (12.35%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 3.06g (1.11%), Sugar: 2.98g (3.31%), Cholesterol: 66.9mg (22.3%), Sodium: 217.87mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.97%), Vitamin K: 74.57µg (71.01%), Selenium: 39.02µg (55.74%), Vitamin B6: 0.83mg (41.54%), Vitamin B3: 7.83mg (39.13%), Vitamin C: 30.11mg (36.5%), Zinc: 4.85mg (32.35%), Phosphorus: 281.71mg (28.17%), Vitamin A: 1265.92IU (25.32%), Potassium: 666.57mg (19.04%), Vitamin B12: 1.07µg (17.77%), Folate: 63.21µg (15.8%), Iron: 2.67mg (14.83%), Vitamin B2: 0.2mg (11.89%), Magnesium: 44.42mg (11.1%), Manganese: 0.22mg (10.85%), Vitamin B1: 0.16mg (10.57%), Fiber: 2.49g (9.94%), Vitamin B5: 0.97mg (9.75%), Vitamin E: 1.2mg (7.99%), Copper: 0.14mg (6.85%), Calcium: 66.41mg (6.64%)