



Tossed Steak Salad with Spicy Garlic Dressing



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb beef top sirloin steaks boneless thick
- ☐ 3 oz mushrooms fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.1 teaspoon pepper
- ☐ 2 large plum tomatoes chopped (Roma)

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 3 tablespoons red wine vinegar
- ☐ 6 cups the salad
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 1 large bell pepper red yellow

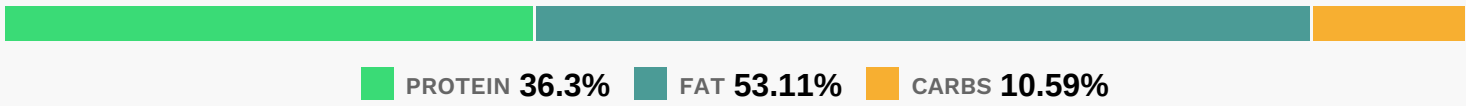
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In tightly covered container, shake all dressing ingredients. Reserve 1/4 cup dressing. In small bowl, mix onions and tomatoes with remaining dressing; set aside.
- ☐ Place beef steak and bell pepper on grill. Cover grill; cook over medium heat 15 to 20 minutes, turning bell pepper frequently and beef once, until beef is desired doneness.
- ☐ Sprinkle beef with salt and pepper.
- ☐ Cut beef into 1/4-inch slices. Toss beef and reserved 1/4 cup dressing.
- ☐ Cut bell pepper into strips.
- ☐ In large bowl, place salad greens, mushrooms, bell pepper and beef.
- ☐ Add tomato mixture; toss.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:17.491304239501%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg,

Naringenin: 0.17mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 203.08kcal (10.15%), Fat: 11.99g (18.45%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.52g (1.64%), Sugar: 0.97g (1.07%), Cholesterol: 44.6mg (14.87%), Sodium: 156.6mg (6.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.89%), Vitamin C: 72.76mg (88.2%), Vitamin K: 45.44µg (43.27%), Selenium: 25.05µg (35.79%), Vitamin B6: 0.61mg (30.48%), Vitamin B3: 6.08mg (30.39%), Zinc: 3.31mg (22.1%), Phosphorus: 204.11mg (20.41%), Vitamin A: 870.7IU (17.41%), Potassium: 524.7mg (14.99%), Vitamin B12: 0.72µg (11.94%), Vitamin B2: 0.19mg (10.91%), Iron: 1.94mg (10.77%), Folate: 42.09µg (10.52%), Copper: 0.18mg (8.94%), Vitamin B5: 0.84mg (8.43%), Manganese: 0.17mg (8.39%), Magnesium: 31.15mg (7.79%), Vitamin E: 1.16mg (7.72%), Vitamin B1: 0.1mg (6.79%), Fiber: 0.86g (3.45%), Calcium: 34.22mg (3.42%)