



Tossed Steak Salad with Spicy Garlic Dressing



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon oregano dried fresh chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons spring onion thinly sliced

- ☐ 2 large plum tomatoes chopped (Roma)
- ☐ 1 lb beef top sirloin steaks boneless thick
- ☐ 1 large bell pepper red yellow
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 6 cups the salad
- ☐ 3 oz mushrooms fresh sliced

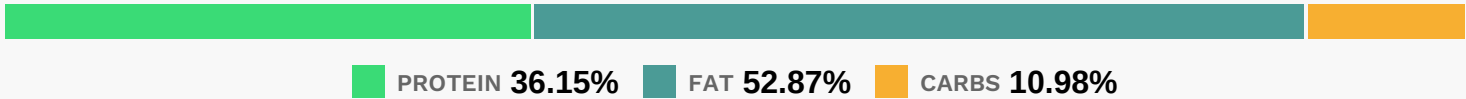
Equipment

- ☐ 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:33.5, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:17.765652146028%

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: 203.96kcal (10.2%), Fat: 12.01g (18.47%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.6g (1.67%), Sugar: 0.98g (1.09%), Cholesterol: 44.6mg (14.87%), Sodium: 156.68mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.47g (36.95%), Vitamin C: 72.77mg (88.21%), Vitamin K: 47.51µg (45.25%), Selenium: 25.06µg (35.81%), Vitamin B6: 0.61mg (30.66%), Vitamin B3: 6.09mg (30.47%), Zinc: 3.32mg (22.16%), Phosphorus: 204.61mg (20.46%), Vitamin A: 876.37IU (17.53%), Potassium: 528.9mg (15.11%), Vitamin B12: 0.72µg (11.94%), Iron: 2.06mg (11.45%), Vitamin B2: 0.19mg (11.01%), Folate: 42.88µg (10.72%), Manganese: 0.18mg (9.22%), Copper: 0.18mg (9.04%), Vitamin B5: 0.85mg (8.46%), Vitamin E: 1.22mg (8.12%), Magnesium: 32.05mg (8.01%), Vitamin B1: 0.1mg (6.83%), Fiber: 1g (4.01%), Calcium: 39.54mg (3.95%)