



Warm Steak and Blue Cheese Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb beef sirloin steak boneless cut into thin slices
- 0.3 cup athenos cheese blue crumbled
- 0.3 cup 1/3 cup kraft lite zesty italian dressing italian divided kraft
- 1 small onion red separated sliced
- 2 pasilla peppers red sliced
- 10 cups torn salad greens mixed

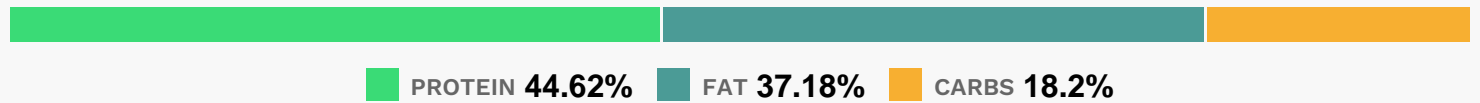
Equipment

- frying pan

Directions

- Heat 1 Tbsp. of the dressing in large skillet on medium-high heat.
- Add meat; cook 2 min., stirring constantly.
- Add peppers and onions; cook and stir 5 min. or until meat is cooked through and vegetables are crisp-tender. Stir in remaining dressing.
- Place 2-1/2 cups of the greens on each of four salad plates. Top evenly with the meat mixture and cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:5.1830434564339%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 52.65kcal (2.63%), Fat: 2.17g (3.34%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.05g (0.74%), Sugar: 1.16g (1.29%), Cholesterol: 14.65mg (4.88%), Sodium: 76.9mg (3.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.71%), Vitamin C: 20.29mg (24.6%), Vitamin A: 614.18IU (12.28%), Selenium: 7.43µg (10.61%), Vitamin B6: 0.2mg (10.25%), Vitamin B3: 1.72mg (8.61%), Zinc: 1.04mg (6.91%), Phosphorus: 67.46mg (6.75%), Potassium: 156.12mg (4.46%), Folate: 17.47µg (4.37%), Vitamin B12: 0.23µg (3.9%), Vitamin B2: 0.06mg (3.25%), Iron: 0.57mg (3.16%), Vitamin K: 3.09µg (2.94%), Manganese: 0.05mg (2.68%), Magnesium: 9.98mg (2.49%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.34mg (2.28%), Vitamin B1: 0.03mg (2.22%), Calcium: 19.11mg (1.91%), Copper: 0.03mg (1.65%), Fiber: 0.34g (1.37%)