



Categories: Family Friendly. Keto. Low Carb. Dairy Free.

Warm Steak and Glorious Greens

Yield: 4

Prep time: 5 minutes

Total time: 25 minutes

Ingredients

Spring Mix | 6 cups

Red Onion | medium, thinly sliced

Cherry Tomatoes | 1 cup

Cucumber | 1 cup, diced

Grass-fed beef, loin, tenderloin steak/roast or Flank Steak | 1.5 pounds

Sea Salt | ½ tsp

Black Pepper | 1 tsp, ground

Gorgonzola | 2 Tbsp, crumbled

Extra Virgin Olive Oil | 2 Tbsp

Balsamic Vinegar | ¼ cup

Dijon Mustard | 1 Tbsp

Directions

Toss greens, onions, tomatoes, and cucumbers in large bowl.

Heat grill pan (or grill) medium-high.

Season beef with salt, grill until medium rare (about 4-5 minutes per side.) Let rest for about 5 minutes.

Mix olive oil, vinegar, and Dijon mustard for dressing.


Slice beef into strips. (Weigh portions for accurate tracking)

Divide salad and arrange steak on top. Sprinkle with gorgonzola and drizzle dressing.

Serve while steak is warm.

Macronutrient Breakdown

Calories: 357 kcal | Carbohydrates: 17.5 g | Protein: 41.6 g | Fat 13.9 g | Fiber: 2.8g

| Warm Steak Salad | | |
|---|------------------|---|
| Nutrition Facts | | |
| Serving Size: 1 serving | | |
| Amount Per Serving | % Daily Value* | |
| Calories | 357.2 kcal | 18 % |
| Total Fat | 13.9 g | 21 % |
| Saturated Fat | 4.3 g | 22 % |
| Trans Fat | 0 g | |
| Cholesterol | 113.2 mg | 38 % |
| Sodium | 1447.1 mg | 60 % |
| Total Carbohydrate | 19.3 g | 6 % |
| Dietary Fiber | 2.8 g | 11 % |
| Sugars | 11.8 g | |
| Protein | 41.6 g | 83 % |
| Vitamin A | 86 % • Vitamin C | 45 % |
| Calcium | 15 % • Iron | 40 % |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |
| Full Info at cronometer.com | |  |