

# Warm Horseradish Steak Salad

cals: **169.9** fat: **3.5** g protein: **25.3** g carbs: **8.2** g fiber: **1.6** g  
A spicy alternative salad.

*20 minutes to prepare and cook*

*Servings per recipe: 1*

*1 serving counts as 1 protein, 1 vegetable*

## Ingredients

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- 100 grams lean steak – grilled, broiled or BBQ'd
- 2 tbsp horseradish
- 3-4 tbsp white or apple cider vinegar
- 100 grams salad greens
- fresh basil

## Directions

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Tear up basil and mix together with vinegar and horseradish.  
Slice steak into strips & simmer with basil, vinegar and horseradish in saucepan  
Pour warmed steak and simmered liquid ingredients over salad greens.  
Season with salt and pepper to taste and toss.

Also great with chicken or shrimp.

## Nutritional Info

Servings per recipe: 1

### Amount Per Serving

- Calories: 169.9
- Total Fat: 3.5 g
- Cholesterol: 34.9 mg
- Sodium: 1,245.2 mg
- Total Carbs: 8.2 g
- Dietary Fiber: 1.6 g
- Protein: 25.3 g



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