



## BEEF ADDS NUTRIENTS AND FLAVOR TO SALADS

These salads above are the same with one exception: the protein source. The salad on the left has 10 walnuts, while the salad on the right includes half the number of walnuts in addition to 3 ounces of Top Sirloin. Did you notice that the calories on the two salads are similar? That's because 3 ounces of cooked, lean beef provides 25 grams of protein for around 173 calories.<sup>1</sup>

As an added benefit, when steak is included on this salad, it provides a meal that is not only rich in iron (5.5mg), but also vitamin B12 (1.5mcg), zinc (5.8mg) and choline (115.7mg). Beef is packed with key essential nutrients that complement the nutrients and flavors found in fruits and vegetables, making them the perfect team to help you reach your health goals.

### Veggie Salad (left):

- 3 cups baby spinach & arugula mix
- ½ fresh pear, sliced
- 2 Tbsp dried cranberries
- 2 Tbsp goat cheese crumbles
- 10 whole walnuts

#### Nutrition information per serving:

467 Calories, 40g Carb, 6.5g Fiber, 31.5g Fat, 6.0g Sat Fat, 13.6g Protein, 146mg Sodium

**Excellent Source of:** Fiber (23.2%DV), Protein 13.6g (27.2%DV), Iron (24.4%DV)

**Good Source of:** Zinc (13.6%DV)

### Beef on Veggie Salad (right):

- 3 cups baby spinach & arugula mix
- ½ fresh pear, sliced
- 2 Tbsp dried cranberries
- 2 Tbsp goat cheese crumbles
- 5 whole walnuts
- 3oz. grilled top sirloin steak

#### Nutrition information per serving:

492 Calories, 38g Carb, 5.2g Fiber, 23.4g Fat, 6.6g Sat Fat, 36.5g Protein, 200mg Sodium

**Excellent Source of:** Protein 36.5g (73%DV), Iron (30.6%DV), B12 (62.5%DV), Zinc (52.7%DV), Choline (21%DV)

**Good Source of:** Fiber (18.6%DV), Potassium (11.7%DV)

<sup>1</sup> US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Legacy, NDB #13364. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>