

Iron-Rich Salad

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/iron-rich-recipe-indian>

Ingredients:

- 2 pounds flank steak organic
- 2 cups spinach
- 2 tablespoons pumpkin seeds
- 1 handful cherry tomatoes chopped
- 2 tablespoons dressing Orange Molasses, see below
- 1 Orange large
- 1/4 cup virgin olive oil
- 2 cloves garlic finely chopped
- 2 tablespoons molasses
- 2 tablespoons apple cider vinegar
- salt
- pepper

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 80 milligrams
4. Fat: 35 grams
5. Fiber: 4 grams
6. Protein: 50 grams
7. SaturatedFat: 10 grams
8. Sodium: 340 milligrams
9. Sugar: 7 grams

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