



HEALTH SCORE

59%

Asian Beef-Crepe Rolls



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



285 kcal

Ingredients

- ☐ 10 small boston lettuce leaves
- ☐ 0.5 cup carrots shredded
- ☐ 0.5 teaspoon chile paste red crushed
- ☐ 30 cilantro sprigs
- ☐ 10 basic crepes
- ☐ 30 thinly cut cucumber seeded
- ☐ 1.5 tablespoons fish sauce
- ☐ 2 teaspoons fish sauce
- ☐ 12 ounce flank steak

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 30 mint leaves
- ☐ 0.3 cup chunky peanut butter
- ☐ 2 ounces rice sticks uncooked (rice flour noodles)
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon vegetable oil
- ☐ 2 tablespoons water

Equipment

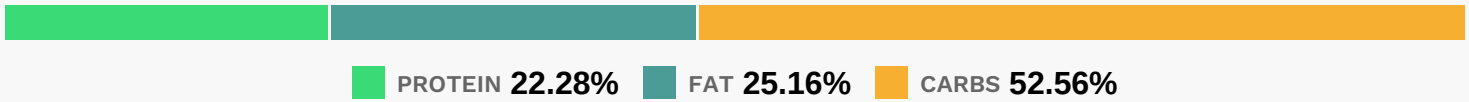
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ To prepare marinade, combine first 3 ingredients in a large zip-top plastic bag. Trim fat from steak.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Add steak to bag; seal and marinate in refrigerator 2 hours.
- ☐ Remove steak from bag, and discard marinade.
- ☐ To prepare dipping sauce, combine peanut butter and the next 4 ingredients (peanut butter through 1 teaspoon sugar) in a small bowl; stir with a whisk until blended. Set aside.
- ☐ Place rice sticks in a medium saucepan; cover with hot water.
- ☐ Let stand 30 minutes. Bring to a boil, and cook 5 minutes.
- ☐ Drain; cut rice sticks into small pieces.

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add beef; stir-fry 2 minutes.
- ☐ Add rice sticks; cook 1 minute. Stir in 1 tablespoon lime juice and chile paste.
- ☐ Remove from heat.
- ☐ Place 1 lettuce leaf in the center of 1 crepe, and top with 1/4 cup beef mixture, about 1 tablespoon carrot, 3 cucumber slices, 3 mint leaves, and 3 cilantro sprigs. Fold in bottom of crepe, and roll up jelly-roll fashion starting at side. Repeat the procedure with remaining lettuce, crepes, beef mixture, carrot, cucumber, mint, and cilantro.
- ☐ Cut each roll crosswise into 3 slices; arrange, cut sides up, on a plate.
- ☐ Serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:33.1, Glycemic Load:6.2, Inflammation Score:-10, Nutrition Score:29.057391311811%

Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 285.2kcal (14.26%), Fat: 8.1g (12.46%), Saturated Fat: 2.08g (13%), Carbohydrates: 38.06g (12.69%), Net Carbohydrates: 30.48g (11.09%), Sugar: 19.04g (21.15%), Cholesterol: 26.38mg (8.79%), Sodium: 459.67mg (19.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.27%), Vitamin K: 100.99µg (96.18%), Vitamin A: 2779.42IU (55.59%), Manganese: 0.93mg (46.68%), Potassium: 1508.33mg (43.1%), Vitamin C: 34.16mg (41.41%), Folate: 158.2µg (39.55%), Vitamin B6: 0.77mg (38.65%), Copper: 0.73mg (36.68%), Magnesium: 142.83mg (35.71%), Fiber: 7.57g (30.28%), Phosphorus: 299.05mg (29.91%), Vitamin B5: 2.59mg (25.88%), Vitamin B1: 0.34mg (22.79%), Zinc: 3.17mg (21.14%), Vitamin B3: 3.81mg (19.03%), Iron: 3.34mg (18.54%), Vitamin B2: 0.31mg (18.4%), Selenium: 12.6µg (18%), Calcium: 168.54mg (16.85%), Vitamin E: 1.27mg (8.48%), Vitamin B12: 0.33µg (5.47%)