



Asian Beef Salad

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cucumbers thinly sliced
- ☐ 2 lb flank steaks
- ☐ 0.5 cup cilantro leaves fresh loosely packed
- ☐ 1.8 lb napa cabbage chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 small onion red thinly sliced
- ☐ 1 large head romaine lettuce chopped
- ☐ 0.3 cup teriyaki sauce

- ☐ 8 servings soy-sesame dressing
- ☐ 2 large tomatoes cut into wedges

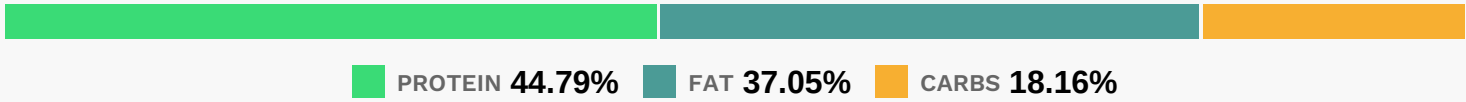
Equipment

- ☐ grill

Directions

- ☐ Combine teriyaki sauce and oil in a shallow dish or large zip-top plastic freezer bag; add steaks, turning to coat. Cover or seal, and chill 1 hour, turning steaks occasionally.
- ☐ Remove steaks from marinade, discarding marinade.
- ☐ Grill steaks, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 7 minutes on each side or to desired degree of doneness.
- ☐ Let stand 5 minutes; cut diagonally across the grain into thin slices.
- ☐ Toss steak slices, cabbage, and next 5 ingredients together; drizzle with desired amount of dressing, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:30.974347902381%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 248.08kcal (12.4%), Fat: 10.28g (15.82%), Saturated Fat: 3g (18.72%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 7.27g (2.64%), Sugar: 6.21g (6.9%), Cholesterol: 68.04mg (22.68%), Sodium: 434.57mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.92%), Vitamin A: 7632.1IU (152.64%), Vitamin K:

138.92µg (132.31%), Folate: 219.52µg (54.88%), Vitamin B6: 1.07mg (53.38%), Selenium: 34.59µg (49.42%), Vitamin C: 39.33mg (47.68%), Vitamin B3: 8.13mg (40.67%), Zinc: 4.98mg (33.22%), Phosphorus: 324.69mg (32.47%), Potassium: 1063.05mg (30.37%), Manganese: 0.44mg (22.1%), Iron: 3.31mg (18.4%), Magnesium: 69.24mg (17.31%), Vitamin B12: 1.03µg (17.2%), Fiber: 4.07g (16.28%), Vitamin B2: 0.27mg (15.86%), Vitamin B1: 0.22mg (14.95%), Calcium: 145.81mg (14.58%), Copper: 0.25mg (12.5%), Vitamin B5: 1.18mg (11.82%), Vitamin E: 1.4mg (9.32%)