



Asian Beef Salad with Cilantro, Scallions and Sesame Seeds

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups beef shredded cooked
- 0.5 cup carrots shredded
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup chicken broth reduced-sodium
- 1 tablespoon rice wine vinegar
- 4 cups romaine lettuce chopped
- 4 servings salt and pepper

- 2 scallions chopped
- 2 teaspoons sesame oil
- 1 tablespoon sesame seed

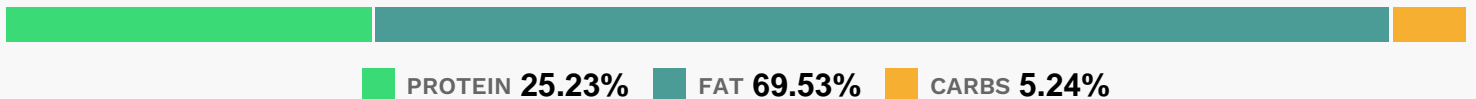
Equipment

- bowl
- frying pan
- whisk

Directions

- Watch how to make this recipe.
- Place sesame seeds in a small skillet and set pan over medium-low heat. Cook 1 to 3 minutes, until just golden brown, shaking the pan frequently to prevent burning.
- Remove from heat and set aside.
- Place lettuce in a large bowl (or divide onto individual dishes). Top lettuce with beef, carrots, scallions and cilantro.
- In a small bowl, whisk together broth, vinegar and sesame oil. Season with salt and pepper, to taste.
- Pour mixture over salad, and top with toasted sesame seeds.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.96, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:20.450434664021%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 337.03kcal (16.85%), Fat: 25.87g (39.79%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.51g (1.68%), Cholesterol: 79.88mg (26.63%), Sodium: 294.54mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.12g (42.24%), Vitamin A: 6894.14IU (137.88%), Vitamin K: 68.1µg (64.86%), Vitamin B12: 2.44µg (40.62%), Zinc: 5.06mg (33.75%), Vitamin B3: 5.6mg (27.98%), Selenium: 17.83µg (25.48%), Vitamin B6: 0.44mg (22.21%), Phosphorus: 221.74mg (22.17%), Folate: 81.24µg (20.31%), Iron: 3.15mg (17.49%), Potassium: 527.66mg (15.08%), Vitamin B2: 0.23mg (13.38%), Copper: 0.2mg (10.13%), Magnesium: 36.44mg (9.11%), Manganese: 0.17mg (8.64%), Vitamin B1: 0.11mg (7.5%), Fiber: 1.86g (7.42%), Vitamin B5: 0.69mg (6.86%), Calcium: 67.07mg (6.71%), Vitamin C: 4.22mg (5.12%), Vitamin E: 0.72mg (4.79%)