



HEALTH SCORE

51%

Asian Berry-Beef Salad



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound beef tenderloin trimmed
- ☐ 2 cups noodles hot chinese cooked
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 large garlic clove crushed
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon pepper

- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons sesame seed toasted
- ☐ 2 cups torn spinach
- ☐ 1 cup strawberries halved
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons vinegar white

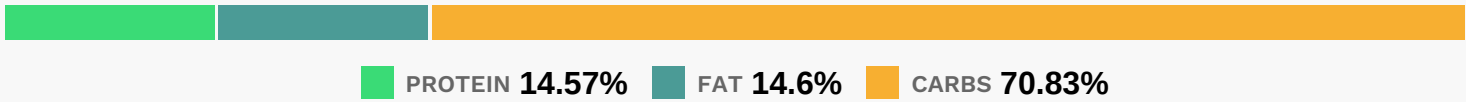
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Sprinkle 1/2 teaspoon pepper over beef; rub beef with garlic. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add beef; cook 2 minutes or until browned, turning occasionally. Cook over medium-low heat 6 minutes or until desired degree of doneness, turning after 3 minutes.
- ☐ Remove from skillet; let stand 5 minutes.
- ☐ Cut into 1/4-inch-thick slices; set aside.
- ☐ Combine strawberries and next 4 ingredients (strawberries through ginger) in a blender; process until smooth. Set aside.
- ☐ Combine noodles, oil, salt, and 1/8 teaspoon pepper; toss gently to coat. Spoon 1 cup noodle mixture onto each of 2 plates; top each with 1 cup spinach. Arrange beef slices evenly over spinach; spoon 1/3 cup strawberry dressing over each salad.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:184.8, Glycemic Load:21.43, Inflammation Score:-9, Nutrition Score:21.920869308969%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 274.79kcal (13.74%), Fat: 4.52g (6.95%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 49.3g (16.43%), Net Carbohydrates: 44.52g (16.19%), Sugar: 8.41g (9.35%), Cholesterol: 0mg (0%), Sodium: 747.74mg (32.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Vitamin K: 147.81µg (140.77%), Vitamin C: 51.24mg (62.1%), Manganese: 1.23mg (61.69%), Vitamin A: 2825.55IU (56.51%), Selenium: 32.81µg (46.87%), Folate: 92.87µg (23.22%), Fiber: 4.79g (19.15%), Magnesium: 74.3mg (18.58%), Iron: 3.26mg (18.11%), Copper: 0.3mg (14.76%), Phosphorus: 143.17mg (14.32%), Potassium: 412.77mg (11.79%), Vitamin B6: 0.21mg (10.66%), Vitamin B2: 0.14mg (8.43%), Calcium: 79.94mg (7.99%), Zinc: 1.18mg (7.84%), Vitamin E: 0.99mg (6.63%), Vitamin B3: 1.28mg (6.4%), Vitamin B1: 0.09mg (6.01%), Vitamin B5: 0.31mg (3.12%)