



Asian-Style Beef Tenderloin Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounce beef tenderloin steaks trimmed ()
- 0.1 teaspoon pepper black freshly ground
- 1.5 cups cucumber english thinly sliced
- 1 teaspoon fish sauce
- 2 tablespoons basil fresh thinly sliced
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon granulated sugar
- 6 cups torn leaf lettuce red

- 1 tablespoon juice of lime fresh
- 1 tablespoon rice vinegar
- 0.3 teaspoon salt
- 0.3 teaspoon sesame oil
- 0.3 cup shallots thinly sliced (2 small)
- 1.5 teaspoons sriracha such as huy fong) hot

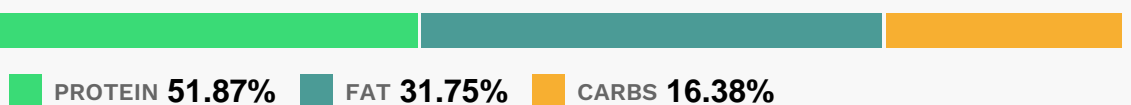
Equipment

- bowl
- whisk
- grill

Directions

- To prepare dressing, combine the first 6 ingredients in a small bowl, stirring well with a whisk.
- Prepare grill.
- To prepare salad, sprinkle both sides of steak with salt and pepper.
- Place steak on a grill rack coated with cooking spray; grill for 4 minutes on each side or until desired degree of doneness.
- Let stand 5 minutes.
- Cut steak diagonally across grain into thin slices.
- Combine lettuce and remaining ingredients in a large bowl.
- Add steak to bowl.
- Drizzle salad mixture with dressing mixture; toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:71.02, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:17.380869378214%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 156.85kcal (7.84%), Fat: 5.47g (8.41%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 5.22g (1.9%), Sugar: 3.17g (3.52%), Cholesterol: 54.43mg (18.14%), Sodium: 363.25mg (15.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.1g (40.2%), Vitamin K: 73.78µg (70.27%), Vitamin A: 3313.24IU (66.26%), Selenium: 27.05µg (38.64%), Vitamin B6: 0.65mg (32.53%), Vitamin B3: 5.72mg (28.59%), Zinc: 3.62mg (24.13%), Phosphorus: 209.84mg (20.98%), Potassium: 506.32mg (14.47%), Vitamin B12: 0.8µg (13.3%), Iron: 2.23mg (12.4%), Manganese: 0.2mg (9.99%), Magnesium: 36.83mg (9.21%), Folate: 36.47µg (9.12%), Vitamin B2: 0.15mg (9.05%), Vitamin C: 6.53mg (7.92%), Vitamin B5: 0.77mg (7.72%), Vitamin B1: 0.11mg (7.46%), Copper: 0.11mg (5.75%), Calcium: 48.63mg (4.86%), Fiber: 1.13g (4.5%), Vitamin E: 0.39mg (2.61%)