

MATTERS

A Guide to Conscious Eating®



HEALTH SCORE

100%

Cook the Book: Thai Beef Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bay leaves fresh (mint, cilantro, Thai basil, or a combination)
- ☐ 1 medium cucumber diced peeled seeded cut in half lengthwise, , and
- ☐ 8 ounces flank steak raw leftover
- ☐ 2 juice of lime
- ☐ 1 small to 5 chilies fresh red hot minced to taste
- ☐ 0.3 cup onion red minced
- ☐ 6 cups the salad mixed (greens are nice)
- ☐ 1 tablespoon sesame oil

- ☐ 1 tablespoon fish sauce (nam pla, available at Asian markets)
- ☐ 0.5 teaspoon sugar

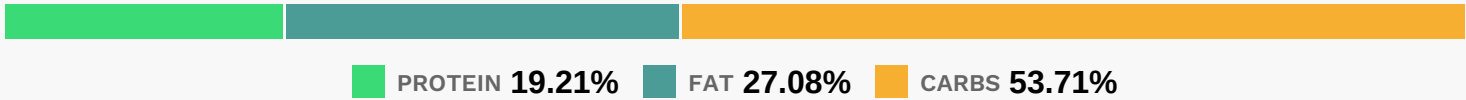
Equipment

- ☐ grill
- ☐ broiler

Directions

- ☐ If you are beginning with raw meat, start a gas or charcoal grill or heat a broiler; the rack should be about 4 inches from the heat source. Grill or broil the beef until medium rare, turning once or twice, 5 to 10 minutes, depending on the thickness; set it aside to cool.
- ☐ Toss the lettuce with the herbs, onion, and cucumber.
- ☐ Combine all of the remaining ingredients with 1 tablespoon of water (the dressing will be thin) and use half of this mixture to toss the greens.
- ☐ Remove the greens to a platter, reserving the dressing.
- ☐ Slice the beef thinly, reserving its juice; combine the juice with the remaining dressing.
- ☐ Lay the slices of beef over the salad, drizzle the dressing over all, and serve.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:36.001739315365%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 325.13kcal (16.26%), Fat: 11.47g (17.65%), Saturated Fat: 3.04g (19.03%), Carbohydrates: 51.21g (17.07%), Net Carbohydrates: 34.9g (12.69%), Sugar: 2.63g (2.92%), Cholesterol: 34.02mg (11.34%), Sodium: 415.23mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.62%), Manganese: 5.01mg (250.44%), Iron: 26.98mg (149.89%), Vitamin A: 4491.36IU (89.83%), Vitamin C: 64.46mg (78.13%), Vitamin B6: 1.54mg (76.91%), Fiber: 16.31g (65.22%), Calcium: 527.94mg (52.79%), Folate: 151.35µg (37.84%), Zinc: 4.64mg (30.92%), Selenium: 19.21µg (27.44%), Magnesium: 108.74mg (27.19%), Vitamin B3: 5.34mg (26.71%), Phosphorus: 225.47mg (22.55%), Vitamin B2: 0.37mg (22%), Potassium: 759.12mg (21.69%), Copper: 0.38mg (18.89%), Vitamin B12: 0.54µg (8.96%), Vitamin B1: 0.1mg (6.45%), Vitamin K: 6.48µg (6.17%), Vitamin B5: 0.61mg (6.08%), Vitamin E: 0.34mg (2.27%)