



Easy Thai Beef or Chicken Salad

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bell pepper diced
- 3 large cucumbers seeded chopped
- 0.5 cup fish sauce
- 1 cup cilantro leaves fresh chopped
- 5 servings garlic powder to taste
- 1 head lettuce - dried rinsed
- 1 cup juice of lime freshly squeezed
- 1 large onion diced finely

- 1 tablespoon pepper flakes red crushed
- 5 servings salt to taste
- 1 pound chicken breasts boneless skinless
- 1 tablespoon sugar
- 2 tomatoes diced
- 2 tablespoons vegetable oil
- 2.5 cups water
- 1 cup rice white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- sieve

Directions

- Rinse rice in a fine mesh strainer under cold running water until no longer cloudy.
- Transfer to a medium saucepan and cover with 2 1/2 cups water. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes, remove from heat and let stand for at least 10 minutes, or until all liquid has evaporated.
- Preheat oven to 250 degrees F (120 degrees C).
- Season chicken with salt and garlic powder.
- Heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Cook chicken, reducing heat when necessary, until no longer pink in center and juices run clear.
- Transfer to preheated oven to keep warm.
- Place lettuce, cucumbers, onions, tomatoes, bell peppers, and cilantro together in a large mixing or serving bowl. Toss to combine. In another bowl, stir together the lime juice, fish sauce, sugar, and crushed red pepper until well blended and sugar is dissolved.

- Remove chicken from oven, slice into thin strips, and drizzle with dressing. Divide salad and rice among serving plates, and top each with chicken slices. Dressing may also be served at the table and each salad dressed individually.

Nutrition Facts

PROTEIN 26.97% **FAT 20.14%** **CARBS 52.89%**

Properties

Glycemic Index:62.46, Glycemic Load:21.98, Inflammation Score:-10, Nutrition Score:30.147391220798%

Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

Nutrients (% of daily need)

Calories: 393.49kcal (19.67%), Fat: 8.96g (13.79%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 52.97g (17.66%), Net Carbohydrates: 47.31g (17.2%), Sugar: 12.33g (13.69%), Cholesterol: 58.06mg (19.35%), Sodium: 2177.24mg (94.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.03%), Vitamin C: 64.45mg (78.13%), Vitamin K: 65.39µg (62.27%), Vitamin B6: 1.21mg (60.69%), Vitamin B3: 11.66mg (58.29%), Selenium: 38.31µg (54.73%), Vitamin A: 2562.27IU (51.25%), Manganese: 0.93mg (46.43%), Phosphorus: 343.75mg (34.38%), Potassium: 1176.5mg (33.61%), Magnesium: 123mg (30.75%), Folate: 105.91µg (26.48%), Vitamin B5: 2.47mg (24.67%), Fiber: 5.66g (22.64%), Copper: 0.38mg (19%), Vitamin B1: 0.26mg (17.28%), Vitamin E: 2.37mg (15.78%), Vitamin B2: 0.26mg (15.35%), Iron: 2.47mg (13.74%), Zinc: 1.84mg (12.29%), Calcium: 101.54mg (10.15%), Vitamin B12: 0.29µg (4.88%)