



Edamame Salad with Crisp Steak Bits



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon dijon mustard
- ☐ 3 cups edamame frozen shelled
- ☐ 1.5 cups cucumber english seeded chopped (1)
- ☐ 8 ounces flank steak cut into small pieces
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 4 spring onion chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons soy sauce
- ☐ 1 tablespoon mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons rice vinegar

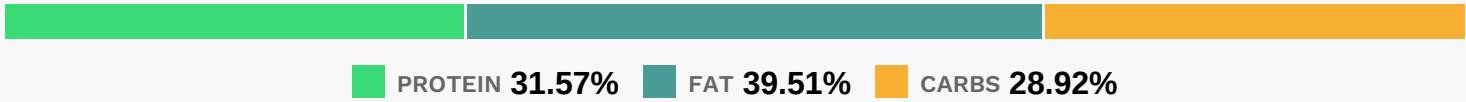
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook edamame according to package directions.
- ☐ Drain. Rinse with cold water; drain.
- ☐ Combine soy sauce and next 5 ingredients (through sesame oil) in a large bowl, stirring with a whisk.
- ☐ Add edamame, tomatoes, cucumber, and onions; toss to coat.
- ☐ Heat a medium cast-iron skillet over high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Combine steak, salt, and pepper, tossing to coat steak.
- ☐ Add steak mixture to pan; cook 5 minutes or until well browned and crisp, stirring frequently. Spoon 1 1/2 cups edamame mixture onto each of 4 plates; top evenly with steak.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:16.556086925871%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 316.25kcal (15.81%), Fat: 14.02g (21.58%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 16.98g (6.17%), Sugar: 7.02g (7.8%), Cholesterol: 35.49mg (11.83%), Sodium: 542.95mg (23.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.42%), Vitamin K: 43.44µg (41.37%), Vitamin C: 30.42mg (36.87%), Potassium: 1086.2mg (31.03%), Iron: 5.18mg (28.78%), Selenium: 18.93µg (27.05%), Fiber: 6.11g (24.46%), Vitamin B6: 0.48mg (23.91%), Vitamin B3: 4.39mg (21.94%), Phosphorus: 180.41mg (18.04%), Zinc: 2.56mg (17.08%), Vitamin A: 744.67IU (14.89%), Calcium: 137.45mg (13.74%), Manganese: 0.25mg (12.6%), Vitamin E: 1.59mg (10.59%), Magnesium: 38.94mg (9.74%), Folate: 37.33µg (9.33%), Vitamin B12: 0.52µg (8.67%), Copper: 0.17mg (8.47%), Vitamin B2: 0.14mg (8.05%), Vitamin B1: 0.11mg (7.45%), Vitamin B5: 0.67mg (6.68%)