



## Fiery Beef and Rice Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 12 basil leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cucumber peeled halved lengthwise thinly sliced
- ☐ 1 tablespoon fish sauce
- ☐ 12 ounces flank steak trimmed
- ☐ 0.5 habanero pepper minced
- ☐ 2 cups iceberg lettuce shredded
- ☐ 0.3 cup juice of lime fresh

- ☐ 0.3 cup thinly onion red vertically sliced
- ☐ 2 ounces rice stick noodles uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

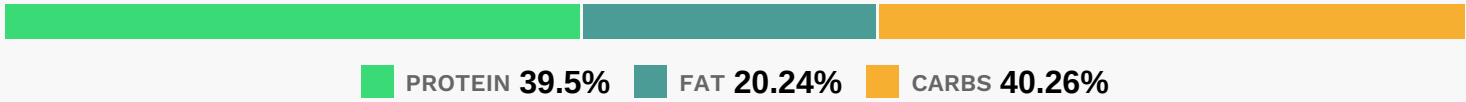
## Equipment

- ☐ frying pan

## Directions

- ☐ Cook noodles according to package directions.
- ☐ Drain and rinse with cold water; drain. Coarsely chop noodles.
- ☐ While noodles cook, freeze steak 5 minutes.
- ☐ Remove from freezer; cut across grain into 1/8-inch-thick slices.
- ☐ Sprinkle with salt and black pepper.
- ☐ Heat a large cast-iron skillet over medium-high heat. Coat with cooking spray.
- ☐ Add beef; saut 4 minutes.
- ☐ Combine steak, noodles, lettuce, onion, cucumber, and habanero.
- ☐ Combine juice, sugar, and fish sauce; pour over noodle mixture, tossing gently.
- ☐ Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:87.27, Glycemic Load:9.51, Inflammation Score:-5, Nutrition Score:13.068260959957%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg

0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg  
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.3mg, Quercetin: 3.3mg,  
Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 205.48kcal (10.27%), Fat: 4.55g (7.01%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 20.38g (6.79%), Net  
Carbohydrates: 18.84g (6.85%), Sugar: 5.79g (6.44%), Cholesterol: 51.03mg (17.01%), Sodium: 575.62mg (25.03%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.98%), Selenium: 27.87µg (39.81%), Vitamin B6:  
0.62mg (30.91%), Vitamin B3: 5.57mg (27.84%), Zinc: 3.6mg (24.02%), Phosphorus: 224.14mg (22.41%), Vitamin K:  
20.6µg (19.62%), Potassium: 506.47mg (14.47%), Vitamin C: 10.97mg (13.29%), Vitamin B12: 0.8µg (13.26%),  
Manganese: 0.24mg (12.13%), Magnesium: 43.62mg (10.91%), Iron: 1.86mg (10.36%), Folate: 39.89µg (9.97%),  
Vitamin B2: 0.14mg (8.19%), Vitamin B5: 0.8mg (8.03%), Copper: 0.16mg (7.76%), Vitamin B1: 0.12mg (7.7%), Vitamin  
A: 318.97IU (6.38%), Fiber: 1.54g (6.16%), Calcium: 47.48mg (4.75%), Vitamin E: 0.39mg (2.6%)