



Fiery Thai Beef Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black
- 2 tablespoons brown sugar
- 1.8 cups cherry tomatoes quartered
- 1 pound flank steak
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh coarsely chopped
- 5 garlic cloves minced
- 2 tablespoons lemon grass fresh peeled sliced

- 0.3 cup juice of lime fresh
- 1 cup onion red separated thinly sliced
- 6 cups torn romaine lettuce
- 0.3 teaspoon salt
- 2 serrano chiles red hot minced seeded
- 1 tablespoon thai fish sauce
- 1 tablespoon water

Equipment

- bowl
- whisk
- grill
- broiler
- broiler pan

Directions

- To prepare dressing, combine first 7 ingredients in a bowl; stir well with a whisk.
- Prepare grill or broiler.
- Sprinkle both sides of steak with salt and pepper.
- Place steak on a grill rack or broiler pan coated with cooking spray, and cook 6 minutes on each side or until desired degree of doneness.
- Let stand 10 minutes.
- Cut steak diagonally across grain into thin slices; cut each slice into 2-inch pieces.
- Combine steak, lettuce, and remaining ingredients in a large bowl; add dressing, tossing to coat.

Nutrition Facts

 **PROTEIN 45.26%**  **FAT 22.94%**  **CARBS 31.8%**

Properties

Glycemic Index:30.25, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:27.109130320342%

Flavonoids

Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

Nutrients (% of daily need)

Calories: 235.87kcal (11.79%), Fat: 6.09g (9.36%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 15.83g (5.76%), Sugar: 10.64g (11.83%), Cholesterol: 68.04mg (22.68%), Sodium: 577.81mg (25.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.02g (54.03%), Vitamin A: 6686.63IU (133.73%), Vitamin K: 79.35µg (75.57%), Selenium: 35.34µg (50.48%), Vitamin B6: 0.93mg (46.73%), Vitamin B3: 7.97mg (39.87%), Vitamin C: 30.46mg (36.92%), Folate: 137.58µg (34.4%), Zinc: 4.84mg (32.24%), Phosphorus: 295.54mg (29.55%), Manganese: 0.5mg (25.22%), Potassium: 870.2mg (24.86%), Iron: 3.52mg (19.53%), Vitamin B12: 1.05µg (17.56%), Magnesium: 60.47mg (15.12%), Vitamin B2: 0.23mg (13.38%), Vitamin B1: 0.19mg (12.91%), Fiber: 3.16g (12.62%), Copper: 0.23mg (11.32%), Vitamin B5: 1.03mg (10.32%), Calcium: 89.91mg (8.99%), Vitamin E: 0.89mg (5.92%)