



Ginger Beef Salad with Miso Vinaigrette



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



6 cups torn bibb lettuce (3 small heads)



1 tablespoon canola oil



0.5 teaspoon chile paste with garlic



2 tablespoons cilantro leaves chopped



0.5 cucumber english halved lengthwise sliced



1 pound flank steak trimmed



2 tablespoons ginger fresh minced peeled



2 teaspoons ginger fresh grated peeled

- ☐ 2 garlic cloves minced
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 2 tablespoons miso white (soybean paste)
- ☐ 0.8 cup bell pepper yellow thinly sliced

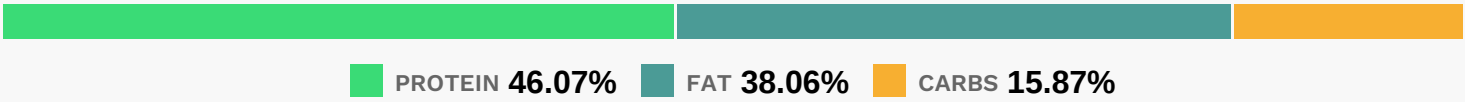
Equipment

- ☐ bowl
- ☐ whisk
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Sprinkle steak evenly with ginger, salt, and garlic.
- ☐ Place on a broiler pan coated with cooking spray; broil 6 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Combine cilantro and next 6 ingredients (through chile paste) in a small bowl, stirring with a whisk.
- ☐ Combine lettuce and remaining ingredients in a large bowl.
- ☐ Drizzle half of miso mixture over lettuce mixture; toss to coat.
- ☐ Place 1 1/2 cups lettuce mixture on each of 4 plates. Top each with 3 ounces steak; top with miso mixture.
- ☐ Heat 1/4 cup sugar, 1/4 cup torn mint, and 1/4 cup water until sugar melts. Strain; cool. Stir in 4 cups halved strawberries.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:24.92565181981%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 238.01kcal (11.9%), Fat: 10g (15.38%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 7.36g (2.67%), Sugar: 2.43g (2.71%), Cholesterol: 68.04mg (22.68%), Sodium: 529.54mg (23.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.46%), Vitamin K: 89.92µg (85.64%), Vitamin C: 56.68mg (68.7%), Vitamin A: 2601.72IU (52.03%), Selenium: 35.04µg (50.05%), Vitamin B6: 0.87mg (43.28%), Vitamin B3: 7.76mg (38.8%), Zinc: 4.89mg (32.58%), Phosphorus: 290.5mg (29.05%), Potassium: 740.22mg (21.15%), Folate: 83.62µg (20.91%), Iron: 3.21mg (17.82%), Vitamin B12: 1.04µg (17.31%), Manganese: 0.34mg (16.8%), Vitamin B2: 0.22mg (13.1%), Magnesium: 50.6mg (12.65%), Vitamin B1: 0.16mg (10.67%), Vitamin B5: 1.03mg (10.31%), Copper: 0.2mg (9.87%), Fiber: 2.02g (8.09%), Vitamin E: 1.11mg (7.4%), Calcium: 70.77mg (7.08%)