



Grilled Asian Beef Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups bean sprouts
- 0.5 cup bell pepper strips red
- 0.1 teaspoon pepper red crushed
- 1 pound flank steak lean
- 1 teaspoon ginger fresh grated peeled
- 0.1 teaspoon ground pepper black
- 0.3 cup juice of lime fresh
- 1 tablespoon soya sauce low-sodium

- 6 cups romaine lettuce chopped
- 0.3 teaspoon salt
- 0.3 cup seasoned rice vinegar

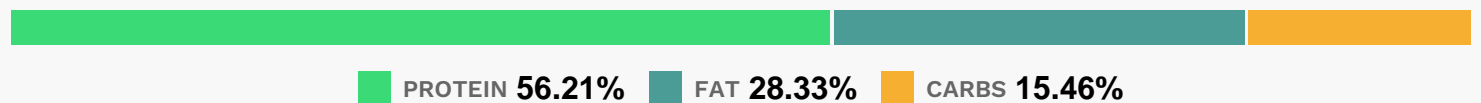
Equipment

- bowl
- grill
- broiler
- broiler pan

Directions

- Trim fat from steak.
- Sprinkle both sides with salt and black pepper. Prepare grill or broiler.
- Place steak on grill rack or broiler pan coated with cooking spray; cook 8 minutes on each side or until desired degree of doneness.
- Cut steak across grain into thin slices; cut slices into 2-inch pieces. Set aside.
- Combine vinegar and next 4 ingredients (vinegar through red pepper) in a small bowl.
- Combine steak, lettuce, bean sprouts, and bell pepper in a large bowl; toss well.
- Drizzle vinaigrette over salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:26.20217412451%

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 Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 193.55kcal (9.68%), Fat: 6.04g (9.3%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 4.71g (1.71%), Sugar: 3.53g (3.92%), Cholesterol: 68.04mg (22.68%), Sodium: 359.89mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.98%), Vitamin A: 6758.32IU (135.17%), Vitamin K: 87.67µg (83.49%), Selenium: 34.12µg (48.75%), Vitamin C: 36.37mg (44.09%), Vitamin B6: 0.84mg (42.06%), Vitamin B3: 7.84mg (39.18%), Folate: 146.33µg (36.58%), Zinc: 4.76mg (31.75%), Phosphorus: 285.97mg (28.6%), Potassium: 694.48mg (19.84%), Vitamin B12: 1.03µg (17.2%), Iron: 2.96mg (16.44%), Vitamin B2: 0.25mg (14.97%), Manganese: 0.25mg (12.75%), Magnesium: 49.79mg (12.45%), Vitamin B1: 0.18mg (12.06%), Fiber: 2.71g (10.84%), Vitamin B5: 1.06mg (10.56%), Copper: 0.19mg (9.67%), Calcium: 58.38mg (5.84%), Vitamin E: 0.83mg (5.53%)