



## Grilled Beef Salad with Lemongrass Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chile paste with garlic
- ☐ 1.5 tablespoons fish sauce
- ☐ 1 pound flank steak trimmed
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 0.5 cup mint leaves fresh coarsely chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 2 cups iceberg lettuce sliced

- ☐ 2 teaspoons lemongrass fresh peeled finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 cups napa cabbage chinese sliced ( )
- ☐ 0.5 cup thinly onion red vertically sliced
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shallots thinly sliced
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup tomatoes chopped

Equipment

- ☐ bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Prepare grill.
- ☐ To prepare dressing, combine first 9 ingredients, stirring until sugar dissolves.
- ☐ To prepare salad, sprinkle steak with salt and pepper.
- ☐ Place steak on a grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.
- ☐ Remove from grill; place on a cutting board.
- ☐ Let stand 15 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Place steak, lettuce, and remaining ingredients in a large bowl.
- ☐ Pour dressing over salad; toss well to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:81.27, Glycemic Load:3.11, Inflammation Score:-8, Nutrition Score:19.585652226987%

Flavonoids

Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 216.42kcal (10.82%), Fat: 5.98g (9.2%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 11.85g (4.31%), Sugar: 7.04g (7.82%), Cholesterol: 68.04mg (22.68%), Sodium: 677.82mg (29.47%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 26.74g (53.49%), Selenium: 34.76µg (49.65%), Vitamin B6: 0.94mg (46.78%), Vitamin B3: 7.86mg (39.28%), Vitamin K: 37.61µg (35.82%), Zinc: 4.74mg (31.59%), Vitamin C: 24.97mg (30.27%), Phosphorus: 279.48mg (27.95%), Potassium: 767.35mg (21.92%), Folate: 81.92µg (20.48%), Vitamin B12: 1.06µg (17.74%), Manganese: 0.35mg (17.4%), Vitamin A: 818.7IU (16.37%), Iron: 2.81mg (15.6%), Magnesium: 59.31mg (14.83%), Vitamin B2: 0.2mg (11.89%), Fiber: 2.6g (10.39%), Vitamin B1: 0.16mg (10.38%), Calcium: 95.27mg (9.53%), Vitamin B5: 0.93mg (9.26%), Copper: 0.18mg (9.04%), Vitamin E: 0.65mg (4.3%)