



Grilled Beef Satay with Asian Lo Mein



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 package beef prepared knorr®
- ☐ 1 tablespoon brown sugar packed
- ☐ 0.5 cup creamy peanut butter skippy®
- ☐ 0.3 teaspoon curry powder hot
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 1 tablespoon ground ginger fresh finely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup salad dressing italian

☐ 1 pound top round 1-inch-thick cut into thin strips

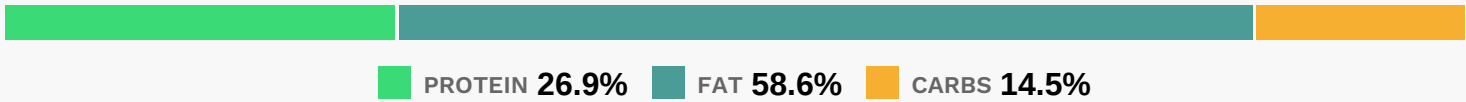
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ For marinade, blend 1/2 cup Dressing, sugar, cilantro and ginger.
- ☐ Pour 1/4 cup marinade over steak in large, shallow nonaluminum baking dish or plastic bag; turn to coat. Cover, or close bag, and marinate in refrigerator, turning occasionally, 2 hours. Refrigerate remaining marinade. Meanwhile, blend Peanut Butter, remaining 1/2 cup Dressing, curry and red pepper in small bowl; set aside.
- ☐ Remove steak from marinade, discarding marinade. Thread steak on skewers*. Grill steak, turning once and brushing frequently with refrigerated marinade, 2 minutes or until steak is desired doneness.
- ☐ Combine 1 large cucumber, peeled, seeded and diced, 1/3 cup finely chopped red onion, 1/4 cup Wish-Bone Italian Dressing and 1 tablespoon finely chopped fresh cilantro in small bowl; refrigerate.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:22.444782603046%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 496.87kcal (24.84%), Fat: 32.84g (50.52%), Saturated Fat: 6.36g (39.73%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 16.48g (5.99%), Sugar: 12.7g (14.11%), Cholesterol: 69.35mg (23.12%), Sodium: 795.81mg (34.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.84%), Vitamin B3: 12.32mg (61.59%), Selenium: 39.48µg (56.39%), Vitamin B6: 0.97mg (48.26%), Manganese: 0.93mg (46.67%), Zinc: 6.11mg (40.72%), Phosphorus: 375.62mg (37.56%), Vitamin K: 34.91µg (33.24%), Vitamin E: 4.62mg (30.81%), Vitamin B12: 1.54µg (25.6%), Magnesium: 89.31mg (22.33%), Potassium: 680.35mg (19.44%), Iron: 3.27mg (18.15%), Copper: 0.28mg (13.86%), Vitamin B2: 0.23mg (13.67%), Vitamin B5: 1.12mg (11.24%), Folate: 44.21µg (11.05%), Vitamin B1: 0.17mg (11.03%), Fiber: 1.8g (7.21%), Calcium: 53.2mg (5.32%), Vitamin A: 81.52IU (1.63%)