



Grilled Thai Beef-Noodle Salad

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup soya sauce
- 2 tablespoons brown sugar packed
- 2 tablespoons vegetable oil
- 2 tablespoons juice of lime
- 1 tablespoon fish sauce
- 1 teaspoon ginger fresh chopped
- 0.5 teaspoon pepper red crushed
- 1 lb flank steak

- 3.5 oz vermicelli uncooked
- 2 tablespoons peanut butter
- 1.5 cups carrots shredded
- 1 medium bell pepper red cut into 1-inch strips
- 0.5 cup spring onion chopped (8 medium)
- 0.3 cup roasted peanuts chopped

Equipment

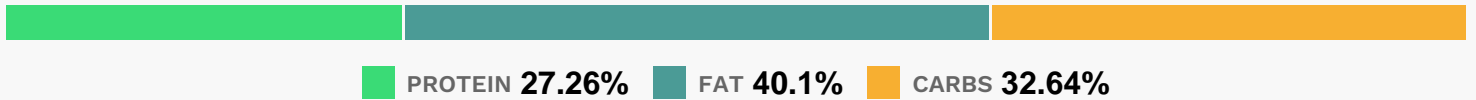
- bowl
- sauce pan
- whisk
- grill
- ziploc bags
- microwave
- measuring cup
- kitchen scissors

Directions

- In 1-cup microwavable measuring cup, stir together soy sauce, brown sugar, oil, lime juice, fish sauce, gingerroot and pepper flakes.
- In large nonmetal dish or resealable food-storage plastic bag, place beef and 3 tablespoons of the soy sauce mixture. (Cover and refrigerate remaining soy sauce mixture for dressing). Turn to coat. Cover dish or seal bag; refrigerate at least 20 minutes or up to 4 hours to marinate.
- Heat gas or charcoal grill.
- Remove beef from marinade; discard marinade.
- Place beef on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning halfway through grilling, until desired doneness.
- Let stand 5 minutes; cut into thin strips.
- Cut strips into 1- to 1 1/2-inch lengths.

- Meanwhile, in 2-quart saucepan, heat 6 cups water to boiling.
- Add rice stick noodles; cook 2 to 3 minutes or just until tender (do not overcook). Rinse in cold water until cool; drain.
- Cut noodles with kitchen scissors into 3- to 5-inch lengths.
- Using wire whisk, mix peanut butter into remaining soy sauce mixture to make dressing. If necessary, microwave mixture uncovered on High 15 to 20 seconds to blend in peanut butter.
- In large bowl, place noodles, beef, carrots, bell pepper and onions. Toss with dressing until noodles are evenly coated.
- Sprinkle with peanuts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.47, Glycemic Load:9.45, Inflammation Score:-10, Nutrition Score:20.776521744935%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 317.82kcal (15.89%), Fat: 14.31g (22.01%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 23.42g (8.52%), Sugar: 7.41g (8.24%), Cholesterol: 45.36mg (15.12%), Sodium: 1103.06mg (47.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.76%), Vitamin A: 6102.26IU (122.05%), Vitamin B3: 7.53mg (37.63%), Selenium: 26.04µg (37.2%), Vitamin C: 30.37mg (36.82%), Vitamin B6: 0.65mg (32.56%), Vitamin K: 31.91µg (30.39%), Phosphorus: 257.51mg (25.75%), Manganese: 0.47mg (23.59%), Zinc: 3.51mg (23.39%), Potassium: 559.06mg (15.97%), Magnesium: 57.29mg (14.32%), Iron: 2.21mg (12.28%), Folate: 47.59µg (11.9%), Vitamin B12: 0.7µg (11.71%), Vitamin E: 1.72mg (11.48%), Fiber: 2.78g (11.12%), Vitamin B2: 0.17mg (10.05%), Copper: 0.18mg (9%), Vitamin B1: 0.13mg (8.82%), Vitamin B5: 0.85mg (8.48%), Calcium: 53.99mg (5.4%)