



 **100%**
HEALTH SCORE

Grilled Thai Beef Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



270 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup basil leaves sliced into ribbons
- 2 tablespoon brown sugar
- 3 tablespoons canola oil
- 1.3 teaspoons chili-garlic sauce red
- 0.5 cup cilantro leaves dried rinsed
- 1 pound flank steak thick
- 1 teaspoon garlic minced
- 1.5 teaspoons ginger minced

- 3 tablespoons juice of lime divided
- 3 tablespoons soya sauce low-sodium
- 6 cups red-leaf lettuce
- 0.5 cup shallots divided thinly sliced for garnish

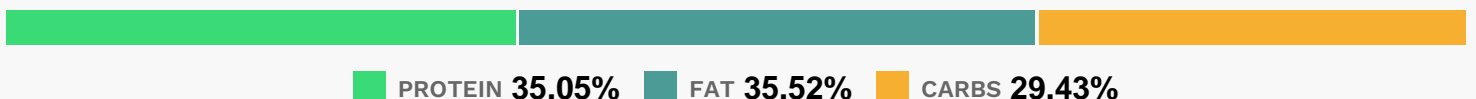
Equipment

- bowl
- grill
- ziploc bags
- grill pan

Directions

- Watch how to make this recipe.
- Rinse and pat the meat dry.
- Place in a sealable plastic bag or small glass dish. In a medium bowl combine 1 tablespoon of the lime juice, soy sauce, canola oil, brown sugar, garlic, ginger and red curry paste.
- Pour half the mixture into the bag with the meat.
- Add the remaining 2 tablespoons lime juice to the bag. Seal tightly, and marinate meat in refrigerator at least 4 hours or overnight, turning occasionally. Reserve the rest of the mixture refrigerated, to dress the salad.
- Spray grill or grill pan with cooking spray and preheat. Grill steak until medium-rare, about 5 minutes per side, depending on desired doneness.
- Let rest until room temperature then slice thinly against the grain.
- Combine lettuce, sliced shallot, cilantro, basil and beef in a salad bowl, reserving a few shallots for garnish.
- Add the reserved dressing and toss to coat. Divide salad among 4 plates and garnish with reserved sliced shallots.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:49.751304253288%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 385.73kcal (19.29%), Fat: 15.95g (24.54%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 25.01g (9.1%), Sugar: 11.06g (12.29%), Cholesterol: 69.17mg (23.06%), Sodium: 660.16mg (28.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.81%), Vitamin K: 494.92µg (471.35%), Vitamin C: 176.24mg (213.62%), Manganese: 2.21mg (110.34%), Vitamin A: 5200.06IU (104%), Iron: 16.07mg (89.29%), Selenium: 46.1µg (65.85%), Magnesium: 258.91mg (64.73%), Potassium: 2008.25mg (57.38%), Vitamin B6: 1.14mg (57.01%), Vitamin B3: 11.39mg (56.93%), Zinc: 6.95mg (46.31%), Phosphorus: 452.26mg (45.23%), Calcium: 440.49mg (44.05%), Vitamin B2: 0.68mg (40.28%), Copper: 0.73mg (36.3%), Vitamin B1: 0.53mg (35.6%), Folate: 132.73µg (33.18%), Vitamin B12: 1.53µg (25.51%), Fiber: 4.72g (18.88%), Vitamin E: 2.67mg (17.8%), Vitamin B5: 0.99mg (9.95%)