



 **100%**
HEALTH SCORE

Hot Beef and Wilted Watercress Salad

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

READY IN



45 min.

SERVINGS



2

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces fat-trimmed beef sirloin
- 2 cloves garlic minced peeled
- 1 teaspoon coarse-ground pepper
- 3 tablespoons juice of lime
- 6 oz onion peeled thinly sliced
- 2 servings salt
- 1.5 tablespoons soya sauce
- 1 tablespoon sugar

- 2 teaspoons vegetable oil
- 2 qt watercress

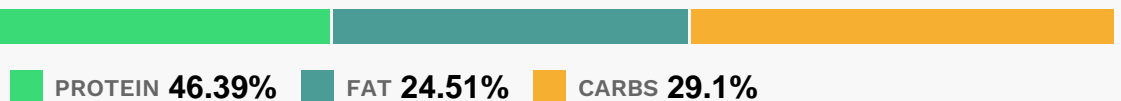
Equipment

- bowl
- frying pan

Directions

- Rinse watercress and drain well. Pick tender sprigs from tough stems and cut into 3- to 4-inch lengths (you should have about 6 cups sprigs); reserve stems for another use or discard. Arrange watercress sprigs in a shallow bowl or on a rimmed serving plate.
- Rinse beef and pat dry; trim and discard excess fat.
- Cut into 1/8-inch-thick slices about 3 inches long.
- In a small bowl, mix lime juice, fish sauce, sugar, and pepper.
- Set a 10- to 12-inch frying pan over high heat. When hot, add 1 teaspoon oil and tilt pan to coat bottom.
- Add onion and stir until lightly browned, about 1 minute.
- Pour onto watercress.
- Return pan to high heat.
- Add remaining 1 teaspoon oil and the beef and garlic; stir often until beef is lightly browned, about 2 minutes.
- Add lime- juice mixture and stir until it boils.
- Pour from pan over onions and watercress. At the table, mix gently before serving.
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:95.55, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:60.719565422639%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 218.51mg, Kaempferol: 218.51mg, Kaempferol: 218.51mg, Kaempferol: 218.51mg Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg Quercetin: 301.24mg, Quercetin: 301.24mg, Quercetin: 301.24mg, Quercetin: 301.24mg

Nutrients (% of daily need)

Calories: 373.68kcal (18.68%), Fat: 11.29g (17.36%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 23.56g (8.57%), Sugar: 12.39g (13.77%), Cholesterol: 70.31mg (23.44%), Sodium: 1721.01mg (74.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.05g (96.1%), Vitamin K: 2376.66µg (2263.49%), Vitamin A: 30218.44IU (604.37%), Vitamin C: 420.98mg (510.28%), Manganese: 2.64mg (132.2%), Calcium: 1184.39mg (118.44%), Potassium: 3730.18mg (106.58%), Vitamin B6: 1.87mg (93.47%), Phosphorus: 827.27mg (82.73%), Vitamin B2: 1.36mg (79.91%), Vitamin E: 10.23mg (68.19%), Magnesium: 260.08mg (65.02%), Vitamin B1: 0.95mg (63.44%), Zinc: 7.05mg (47%), Copper: 0.88mg (44.24%), Selenium: 30.44µg (43.48%), Vitamin B12: 2.6µg (43.42%), Vitamin B3: 8.6mg (42.99%), Vitamin B5: 3.84mg (38.42%), Folate: 116.4µg (29.1%), Iron: 5.05mg (28.05%), Fiber: 6.58g (26.33%)