



Isan Grilled Beef Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



2

CALORIES



885 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounces frangelico
- 1 teaspoon chili powder
- 2 tablespoons fish sauce
- 1 handful mint leaves
- 1 stalk lemon grass white hard sliced finely
- 3 tablespoons juice of lime
- 2 shallots sliced finely
- 1 spring onion sliced finely

1 pound sticky rice toasted finely

1 pinch sugar

Equipment

grill

Directions

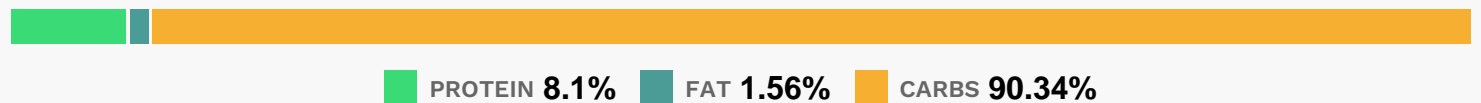
First make the dressing by mixing the lime juice with fish sauce, sugar and chile powder. Balance well; this dressing should taste spicy, sour and salty.

Grill the meat, preferably on a wood charcoal grill for that authentic flavour, to your taste.

Cut beef in slices (bite-size). Don't waste the meat juice, save as much as you can.

Combine beef and juice with shallot, spring onion, lemongrass when using, and fresh herbs. Finish with dressing and toasted rice powder.

Nutrition Facts



Properties

Glycemic Index:107.55, Glycemic Load:149.94, Inflammation Score:-7, Nutrition Score:20.923912950184%

Flavonoids

Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 884.56kcal (44.23%), Fat: 1.5g (2.31%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 195.63g (65.21%), Net Carbohydrates: 187.72g (68.26%), Sugar: 3.71g (4.13%), Cholesterol: 0mg (0%), Sodium: 1450.76mg (63.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.06%), Manganese: 2.77mg (138.5%), Selenium: 36.5µg (52.15%), Fiber: 7.9g (31.62%), Vitamin B1: 0.44mg (29.56%), Iron: 5.07mg (28.14%), Vitamin B3: 5.63mg (28.13%), Magnesium: 99.5mg (24.88%), Copper: 0.47mg (23.32%), Vitamin B6: 0.44mg (22.1%), Zinc: 3.13mg (20.88%), Vitamin B5: 2.01mg (20.14%), Phosphorus: 194.69mg (19.47%), Vitamin K: 13.81µg (13.15%), Vitamin C: 10.81mg (13.1%), Potassium: 437.97mg (12.51%), Folate: 47.83µg (11.96%), Vitamin B2: 0.17mg (10.18%), Vitamin A:

456.14IU (9.12%), Calcium: 62.45mg (6.24%), Vitamin E: 0.47mg (3.16%), Vitamin B12: 0.09µg (1.44%)