



Kiawe-Grilled Flank Steak and Spicy Green Papaya Salad

 Gluten Free  Dairy Free

READY IN



645 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pepper black freshly ground
- 8 ounces flank steak
- 0.1 cup cilantro leaves fresh
- 1.5 teaspoons ginger fresh grated
- 10 mint leaves fresh
- 1 tablespoons garlic minced
- 1 papaya green julienned seeded

- 2 tablespoons lemongrass minced (lower part of inner stem)
- 2 tablespoons squeezed lime juice fresh
- 1 onion julienned
- 4 servings greens mixed for garnish
- 2 teaspoons patis (fish sauce)
- 1 bell pepper red julienned seeded
- 2 ounces salad oil
- 4 servings hawaiian sea salt
- 2 tablespoons soya sauce
- 4 tablespoons chili sauce sweet
- 1 thai chile pepper finely minced
- 2 teaspoons sambal (chili paste)

Equipment

- mixing bowl
- blender
- grill

Directions

- Place all dressing ingredients in blender and puree until smooth. Divide in half.
- For the steak: Marinate the steak covered and refrigerated overnight in half of the marinade/dressing.
- Remove steak and discard the marinade. Season with salt and pepper. Grill to medium rare and let rest 15 minutes. When slightly cooled, thinly slice across the grain.
- For the papaya salad: In a mixing bowl, toss the sliced steak, green papaya, onion, red pepper, and remaining dressing. Season with salt and pepper, to taste.
- Serve on a platter or over mixed greens.

Nutrition Facts



■ PROTEIN 18.36% ■ FAT 46.52% ■ CARBS 35.12%

Properties

Glycemic Index:53.69, Glycemic Load:4.72, Inflammation Score:-9, Nutrition Score:20.153478228528%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg

Nutrients (% of daily need)

Calories: 330.69kcal (16.53%), Fat: 17.57g (27.04%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 26.66g (9.7%), Sugar: 20.16g (22.4%), Cholesterol: 34.02mg (11.34%), Sodium: 1158.69mg (50.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.22%), Vitamin C: 103.76mg (125.77%), Vitamin A: 2267.44IU (45.35%), Vitamin B6: 0.67mg (33.46%), Selenium: 18.49µg (26.41%), Vitamin B3: 5mg (25.01%), Folate: 92.53µg (23.13%), Manganese: 0.46mg (22.86%), Vitamin E: 3.4mg (22.7%), Phosphorus: 190.48mg (19.05%), Potassium: 657.41mg (18.78%), Zinc: 2.67mg (17.79%), Vitamin K: 16.4µg (15.62%), Magnesium: 58.42mg (14.6%), Iron: 2.32mg (12.9%), Fiber: 3.19g (12.74%), Vitamin B2: 0.18mg (10.59%), Copper: 0.19mg (9.62%), Vitamin B1: 0.14mg (9.27%), Vitamin B12: 0.53µg (8.84%), Vitamin B5: 0.8mg (8%), Calcium: 68.05mg (6.81%)