



Lemongrass Beef

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

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon sesame oil dark
- 3 tablespoons fish sauce
- 6 garlic cloves crushed
- 0.5 cup lemongrass fresh peeled chopped
- 1 teaspoon vegetable oil; peanut oil preferred
- 2 pounds sirloin tip roast
- 0.3 teaspoon salt
- 2 serrano chiles seeded chopped

- 0.3 cup shallots chopped
- 1.5 tablespoons sugar

Equipment

- food processor
- plastic wrap
- grill
- ziploc bags

Directions

- Cover roast with plastic wrap; freeze 30 minutes.
- Remove beef from freezer, and cut beef horizontally into 1/8-inch-thick slices.
- Combine lemongrass and remaining ingredients except cooking spray in a food processor; process until smooth (about 1 minute).
- Combine beef and lemongrass mixture in a large zip-top plastic bag. Seal and marinate in refrigerator 2 to 4 hours.
- Prepare grill.
- Remove beef from bag; discard marinade.
- Place beef on grill rack coated with cooking spray; grill 1 minute on each side or until desired degree of doneness.
- Note: Store cooked beef in refrigerator for up to 2 days.

Nutrition Facts



PROTEIN 59.64% **FAT 25.98%** **CARBS 14.38%**

Properties

Glycemic Index:16.26, Glycemic Load:2.18, Inflammation Score:-3, Nutrition Score:13.613043492255%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:

0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 173.29kcal (8.66%), Fat: 4.85g (7.47%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.63g (2.05%), Sugar: 3.35g (3.72%), Cholesterol: 62.37mg (20.79%), Sodium: 670.31mg (29.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.16%), Selenium: 33.76µg (48.23%), Vitamin B6: 0.81mg (40.59%), Vitamin B3: 7.47mg (37.36%), Zinc: 4.86mg (32.4%), Phosphorus: 244.86mg (24.49%), Vitamin B12: 1.45µg (24.16%), Manganese: 0.32mg (15.94%), Iron: 2.58mg (14.36%), Potassium: 478.45mg (13.67%), Magnesium: 43.37mg (10.84%), Vitamin B2: 0.17mg (9.99%), Vitamin B5: 0.77mg (7.67%), Vitamin B1: 0.11mg (7.64%), Copper: 0.14mg (7.1%), Folate: 23.96µg (5.99%), Calcium: 36.26mg (3.63%), Vitamin C: 2.31mg (2.8%), Vitamin E: 0.41mg (2.72%), Fiber: 0.42g (1.67%), Vitamin K: 1.61µg (1.54%)