



Oriental steak salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 garlic clove crushed
- ☐ 1 tsp brown sugar
- ☐ 1 juice of lime
- ☐ 1 pepper flakes fresh seeded finely chopped
- ☐ 3 drops soy sauce light
- ☐ 120 g the salad
- ☐ 2 servings cucumber halved sliced
- ☐ 5 radishes sliced

- ☐ 15 g cilantro leaves fresh
- ☐ 2 fillet fat-trimmed beef flank steak
- ☐ 1 handful roasted peanuts chopped

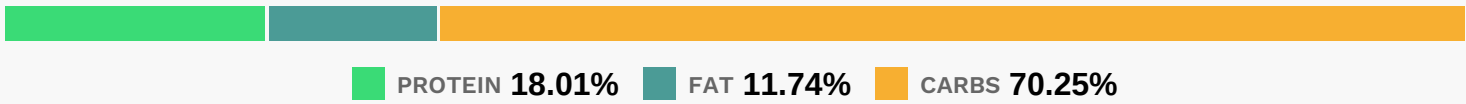
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together the garlic clove, brown sugar, lime juice and the chilli.
- ☐ Add the Thai fish sauce. Toss the herb salad with the cucumber, radishes and the torn coriander leaves. Divide between 2 plates.
- ☐ Pan fry the steaks, trimmed of fat, for 4-5 minutes each side, rest, slice thinly and put on top of the salad. Tip the steak juices into the dressing, pour over the salad and scatter with the roasted peanuts.

Nutrition Facts



Properties

Glycemic Index:84.5, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:8.9256521739552%

Flavonoids

Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 39.99kcal (2%), Fat: 0.6g (0.92%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.19g (2.61%), Sugar: 3.3g (3.67%), Cholesterol: 0.61mg (0.2%), Sodium: 112.47mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin C: 54.76mg (66.37%), Vitamin A: 1411.IIU (28.22%),

Vitamin K: 26.73µg (25.46%), Manganese: 0.22mg (10.9%), Vitamin B6: 0.21mg (10.69%), Folate: 37.16µg (9.29%), Potassium: 274.82mg (7.85%), Iron: 0.89mg (4.96%), Phosphorus: 48.67mg (4.87%), Copper: 0.1mg (4.85%), Vitamin B3: 0.94mg (4.68%), Magnesium: 18.21mg (4.55%), Vitamin B2: 0.07mg (4.39%), Fiber: 0.86g (3.45%), Vitamin B1: 0.05mg (3.39%), Calcium: 25.63mg (2.56%), Vitamin E: 0.38mg (2.52%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.22mg (2.21%), Selenium: 1.02µg (1.46%)