



Seared Steak Lettuce Cups



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 small boston lettuce leaves
- ☐ 0.3 teaspoon chili powder
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 16 servings kosher salt
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.3 cup persian cucumber english finely chopped
- ☐ 2 tablespoons roasted peanuts salted chopped
- ☐ 0.5 teaspoon salt

☐ 0.3 cup spring onion thinly sliced

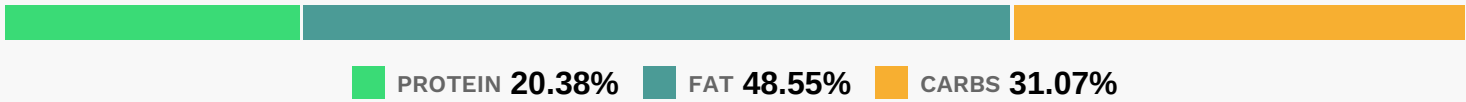
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine 1/4 cup finely chopped
- ☐ English hothouse or Persian cucumber, 1/4 cup thinly sliced scallions, 1 1/2 tablespoons fresh lime juice, and 1 teaspoon finely grated peeled ginger in a medium bowl. Season to taste with kosher salt and set aside.
- ☐ Heat a grill pan or a lightly oiled cast-iron skillet over high heat. Season an 8 ounces flank steak with 1/2 teaspoon salt and 1/4 teaspoon chili powder. Grill steak, turning once, until charred on both sides, about 8 minutes for medium-rare.
- ☐ Transfer to a cutting board and let rest for 10 minutes.
- ☐ Arrange 16 small crunchy inner leaves of butter lettuce, romaine, or endive on a large platter. Thinly slice steak against the grain, then cut slices crosswise into 1" pieces.
- ☐ Add steak to cucumber mixture and toss to mix. Season to taste with salt and more lime juice, if desired.
- ☐ Divide steak salad among lettuce cups; garnish with 2 tablespoons chopped salted roasted peanuts and 2 tablespoons thinly sliced fresh mint leaves.
- ☐ Drizzle with Asian sweet chili sauce.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:2.2895652263061%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 10.81kcal (0.54%), Fat: 0.66g (1.02%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 273.64mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Vitamin K: 18.89µg (17.99%), Vitamin A: 550.6IU (11.01%), Folate: 14.5µg (3.63%), Manganese: 0.07mg (3.44%), Vitamin C: 1.52mg (1.84%), Potassium: 57.97mg (1.66%), Iron: 0.28mg (1.57%), Fiber: 0.39g (1.57%), Vitamin B3: 0.27mg (1.33%), Magnesium: 5.24mg (1.31%), Phosphorus: 11.5mg (1.15%)