



HEALTH SCORE

51%

Southeast Asian Grilled Beef Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 teaspoon sesame oil dark
- ☐ 1.5 pound flank steak trimmed
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 1.5 cups bean sprouts fresh
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 tablespoons ginger fresh minced peeled

- ☐ 6 garlic cloves minced
- ☐ 1 tablespoon green onions thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 8 cups salad greens mixed
- ☐ 0.5 cup onion red thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 1 cup bell pepper red yellow thinly sliced

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ To prepare beef, combine the first 6 ingredients. Rub over beef; cover and refrigerate 30 minutes.
- ☐ Prepare grill.
- ☐ Place beef on grill rack coated with cooking spray; grill 8 minutes on each side or until desired degree of doneness.
- ☐ Cut beef diagonally across the grain into thin slices.
- ☐ To prepare dressing, combine juice and next 5 ingredients (juice through oil), stirring well with a whisk.
- ☐ To prepare salad, combine greens and remaining ingredients in a large bowl.
- ☐ Drizzle dressing over salad; toss gently to coat. Divide salad evenly among 6 plates; top with beef.

Nutrition Facts



 PROTEIN **50.61%**  FAT **27.34%**  CARBS **22.05%**

Properties

Glycemic Index:56.68, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:22.444347775501%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 217.31kcal (10.87%), Fat: 6.67g (10.26%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 10.04g (3.65%), Sugar: 4.9g (5.44%), Cholesterol: 68.04mg (22.68%), Sodium: 759.57mg (33.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.54%), Vitamin C: 64.32mg (77.97%), Selenium: 34.72µg (49.6%), Vitamin B6: 0.94mg (47.07%), Vitamin B3: 8.24mg (41.2%), Vitamin A: 1696.91IU (33.94%), Zinc: 4.85mg (32.35%), Phosphorus: 310.6mg (31.06%), Manganese: 0.47mg (23.33%), Potassium: 777.77mg (22.22%), Folate: 76.97µg (19.24%), Vitamin K: 19.69µg (18.76%), Iron: 3.11mg (17.29%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.25mg (14.89%), Magnesium: 55.52mg (13.88%), Copper: 0.24mg (11.85%), Vitamin B1: 0.17mg (11.41%), Vitamin B5: 1.11mg (11.14%), Fiber: 2.06g (8.25%), Vitamin E: 1.13mg (7.5%), Calcium: 60.68mg (6.07%)