



Spicy Beef and Tofu Salad



Gluten Free



Dairy Free

READY IN



41 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large cucumber peeled halved lengthwise seeded thinly sliced
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup mint leaves fresh
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 small onion red thinly sliced

- ☐ 6 cups the of 1 cos lettuce chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 serrano chiles minced
- ☐ 4 ounces skirt steak trimmed cut into 3 equal pieces, and cut across grain into thin strips
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon thai fish sauce
- ☐ 8 ounces tofu firm cubed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Arrange tofu on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 30 minutes, pressing down occasionally.
- ☐ Combine lettuce and next 4 ingredients (through onion) in a large bowl.
- ☐ Combine juice and next 4 ingredients (through serrano) in a small bowl, stirring with a whisk.
- ☐ Drizzle half of the dressing over lettuce mixture; toss to coat.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add peanut oil to pan; swirl to coat.
- ☐ Add tofu and beef; sprinkle with salt and black pepper. Cook 3 minutes or until tofu and meat are lightly browned, stirring once or twice.
- ☐ Remove pan from heat.
- ☐ Add remaining dressing to pan, scraping pan to loosen browned bits.
- ☐ Add tofu mixture to lettuce mixture; toss to combine.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:18.563913156157%

Flavonoids

Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 183.71kcal (9.19%), Fat: 10.54g (16.22%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 7.2g (2.62%), Sugar: 4.13g (4.59%), Cholesterol: 17.86mg (5.95%), Sodium: 530.06mg (23.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.78%), Vitamin A: 6613.81IU (132.28%), Vitamin K: 91.06µg (86.72%), Folate: 124.38µg (31.1%), Vitamin C: 14.66mg (17.77%), Manganese: 0.35mg (17.62%), Zinc: 2.27mg (15.12%), Vitamin B6: 0.29mg (14.38%), Fiber: 3.54g (14.15%), Iron: 2.53mg (14.07%), Calcium: 135.81mg (13.58%), Potassium: 470.05mg (13.43%), Vitamin B2: 0.19mg (10.97%), Magnesium: 43.31mg (10.83%), Vitamin B3: 2.16mg (10.8%), Vitamin B12: 0.63µg (10.42%), Selenium: 7.18µg (10.25%), Phosphorus: 96.5mg (9.65%), Copper: 0.16mg (7.9%), Vitamin B1: 0.11mg (7.53%), Vitamin E: 0.79mg (5.29%), Vitamin B5: 0.52mg (5.2%)