



Spicy Beef Salad

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

READY IN



115 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb beef top sirloin steaks boneless
- 2 tablespoons apple juice dry
- 2 tablespoons vegetable oil
- 1 tablespoon soya sauce
- 2 teaspoons sugar
- 0.5 cup spring onion thinly sliced
- 2 medium tomatoes cut into bite-size pieces
- 10 oz mushrooms fresh sliced

- 6 cups lettuce shredded
- 0.3 cup citrus champagne vinegar
- 2 tablespoons soya sauce
- 1 teaspoon ginger finely chopped
- 1 teaspoon sesame oil
- 0.1 teaspoon ground pepper red (cayenne)
- 1 clove garlic finely chopped

Equipment

- bowl
- frying pan

Directions

- Remove fat from beef.
- Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices. (Beef is easier to cut if partially frozen, 30 to 60 minutes.) In glass or plastic bowl, mix sherry, olive oil, 1 tablespoon soy sauce and sugar.
- Add beef; toss to coat. Cover; refrigerate 30 minutes.
- Heat 10-inch skillet over medium-high heat until 1 or 2 drops of water bubble and skitter when sprinkled on surface.
- Add half of the beef; stir-fry about 3 minutes or until beef is no longer pink.
- Remove beef from skillet; drain. Repeat with remaining beef.
- In large bowl, mix beef and onions.
- Layer tomatoes, mushrooms and lettuce on beef. Cover and refrigerate at least 1 hour until chilled but no longer than 10 hours.
- In tightly covered container, shake all dressing ingredients until well blended.
- Pour dressing over salad; toss until well coated.

Nutrition Facts



PROTEIN 42.96% FAT 39.07% CARBS 17.97%

Properties

Glycemic Index:58.64, Glycemic Load:2.57, Inflammation Score:-7, Nutrition Score:16.720869618913%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 188.37kcal (9.42%), Fat: 8.27g (12.72%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 6.4g (2.33%), Sugar: 5.61g (6.23%), Cholesterol: 44.6mg (14.87%), Sodium: 559.17mg (24.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.91%), Vitamin K: 47.14µg (44.9%), Selenium: 27.96µg (39.95%), Vitamin B3: 7.34mg (36.7%), Vitamin B6: 0.62mg (30.93%), Phosphorus: 241.32mg (24.13%), Zinc: 3.53mg (23.54%), Vitamin B2: 0.33mg (19.35%), Potassium: 674.1mg (19.26%), Vitamin A: 803.49IU (16.07%), Copper: 0.27mg (13.69%), Vitamin B5: 1.35mg (13.5%), Folate: 51.94µg (12.98%), Vitamin C: 10.49mg (12.72%), Iron: 2.26mg (12.57%), Manganese: 0.24mg (12.19%), Vitamin B12: 0.73µg (12.16%), Vitamin B1: 0.15mg (10.12%), Magnesium: 37.44mg (9.36%), Fiber: 2.16g (8.62%), Vitamin E: 1.01mg (6.72%), Calcium: 44.94mg (4.49%)