



Spicy Beef Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cucumber diced
- 0.3 cup fish sauce
- 1 pound flank steak
- 1 tablespoon ginger fresh chopped
- 2 garlic cloves
- 2 green onions chopped
- 6 servings garnish: green onions sliced
- 2 teaspoons ground coriander divided

- 2 tablespoons juice of lemon fresh
- 1 stalk lemongrass coarsely chopped
- 6 servings salad greens mixed
- 1 tablespoon rice wine vinegar
- 1.5 teaspoons salt divided
- 2 small serrano peppers fresh
- 1 teaspoon sugar
- 1 large onion sweet thinly sliced cut in half and
- 1 large tomatoes cut into thin wedges
- 1 tablespoon vegetable oil

Equipment

- food processor
- bowl
- blender
- grill

Directions

- Combine first 4 ingredients; set aside.
- Rub steak with 1/2 teaspoon salt and 1 teaspoon coriander.
- Process remaining 1 teaspoon salt, remaining 1 teaspoon coriander, and next 9 ingredients in a food processor or blender until smooth. Chill dressing 1 hour.
- Grill steak, covered with grill lid, over medium-high heat (350 to 400 degrees Fahrenheit) for 4 to 6 minutes on each side or to desired degree of doneness.
- Let stand 5 minutes. Thinly slice steak.
- Place steak and vegetable mixture in a large bowl, and drizzle with dressing, tossing to coat.
- Serve over salad greens; garnish, if desired.
- *2 teaspoons grated lemon rind may be substituted.

Nutrition Facts

PROTEIN 41.77% FAT 32.5% CARBS 25.73%

Properties

Glycemic Index:47.02, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:15.801739112191%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg

Nutrients (% of daily need)

Calories: 177.38kcal (8.87%), Fat: 6.45g (9.92%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.6g (3.49%), Sugar: 5.74g (6.38%), Cholesterol: 45.36mg (15.12%), Sodium: 1400.22mg (60.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.28%), Selenium: 24.1µg (34.43%), Vitamin B6: 0.68mg (34.2%), Vitamin K: 32.19µg (30.66%), Vitamin C: 23.02mg (27.9%), Vitamin B3: 5.57mg (27.84%), Zinc: 3.36mg (22.39%), Phosphorus: 213.85mg (21.38%), Manganese: 0.39mg (19.43%), Potassium: 634.38mg (18.13%), Vitamin A: 863.77IU (17.28%), Folate: 63.69µg (15.92%), Magnesium: 59.48mg (14.87%), Iron: 2.34mg (13%), Vitamin B12: 0.73µg (12.24%), Copper: 0.2mg (9.77%), Vitamin B2: 0.16mg (9.36%), Vitamin B1: 0.13mg (8.68%), Vitamin B5: 0.76mg (7.64%), Fiber: 1.88g (7.53%), Calcium: 62.89mg (6.29%), Vitamin E: 0.67mg (4.5%)