



Spicy Gingered Beef and Snap Pea Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons chile paste
- ☐ 1 small cucumber diced
- ☐ 8.8 oz dole® extra with snap peas
- ☐ 0.8 pound flank steak thinly sliced chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 inch ginger fresh grated peeled
- ☐ 1 clove garlic minced

- ☐ 4 servings salt and ground pepper black to taste
- ☐ 4 servings lime wedges fresh
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 0.5 cup dole® onion chopped
- ☐ 1 orange bell pepper diced red yellow seeded
- ☐ 0.3 cup peanuts chopped
- ☐ 0.3 cup rice vinegar
- ☐ 1 tablespoon sesame oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine beef, oil, garlic and ginger in medium bowl; toss to coat evenly. Season with salt and pepper, to taste. Cook beef mixture in nonstick skillet over medium-high heat, saute beef until thoroughly cooked. Using slotted spoon, place beef in medium bowl, mix with 2 tablespoons Gingered Dressing.
- ☐ Combine salad blend, snap peas from pouch, bell pepper, onion and cucumber in large bowl. Toss with Gingered Dressing, to taste.
- ☐ Transfer salad to serving platter or serving plates.
- ☐ Spoon beef over salad.
- ☐ Sprinkle on top chopped peanuts and cilantro. Squeeze lime wedges over, as desired.
- ☐ Whisk together 1/4 cup reduced sodium soy sauce, 1/4 cup rice vinegar, 1-inch piece peeled fresh ginger, grated, 2 tablespoons chopped fresh cilantro, 1 tablespoon sesame oil and 2 teaspoons chile paste with garlic until well blended. Makes about 2/3 cup.

Nutrition Facts



 **PROTEIN 33.36%**  **FAT 49.09%**  **CARBS 17.55%**

Properties

Glycemic Index:69.81, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:23.589565131975%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 294.6kcal (14.73%), Fat: 16.15g (24.85%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 9.04g (3.29%), Sugar: 5.49g (6.1%), Cholesterol: 51.03mg (17.01%), Sodium: 627.4mg (27.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.4%), Vitamin C: 79.1mg (95.88%), Vitamin B6: 0.82mg (40.94%), Vitamin B3: 7.7mg (38.48%), Selenium: 26.67µg (38.09%), Vitamin A: 1654IU (33.08%), Manganese: 0.6mg (29.8%), Phosphorus: 292.47mg (29.25%), Zinc: 3.94mg (26.29%), Vitamin K: 24.71µg (23.53%), Folate: 89.72µg (22.43%), Potassium: 706.96mg (20.2%), Iron: 3.5mg (19.42%), Magnesium: 73.74mg (18.43%), Vitamin B1: 0.26mg (17.63%), Fiber: 3.95g (15.82%), Vitamin B5: 1.44mg (14.4%), Vitamin B2: 0.24mg (14.26%), Vitamin B12: 0.77µg (12.9%), Copper: 0.25mg (12.74%), Vitamin E: 1.72mg (11.47%), Calcium: 75.19mg (7.52%)