



Spicy Mint Beef

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons canola oil
- 0.3 cup fish sauce
- 1 pound flank steak very thinly sliced
- 4 cloves garlic minced
- 1 cup mint leaves fresh whole
- 1 bell pepper red cored stemmed seeded cut into 1/4 slices
- 1 tablespoon chili paste in soy bean oil
- 3 shallots thinly sliced

- 2 tablespoons soya sauce black
- 4 servings serving suggestion: sticky white steamed
- 2 tablespoons soya sauce sweet
- 1.5 cups thai basil leaves fresh chopped
- 3 thai chiles such as prik kee noo, or 3 serrano chiles, stemmed and thinly sliced* (see cook's note)

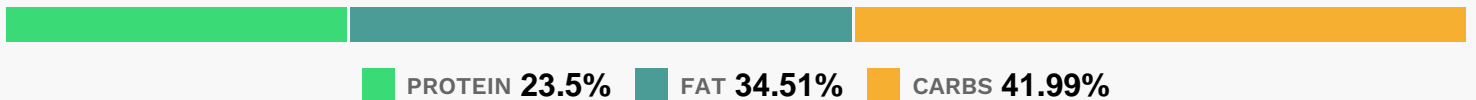
Equipment

- frying pan

Directions

- Watch how to make this recipe.
- In a large skillet, heat the oil over medium-high heat.
- Add the garlic and chiles and cook until aromatic, about 30 seconds.
- Add the steak and cook, stirring frequently, for 2 minutes.
- Add the shallots and bell pepper and cook for 1 minute.
- Add the fish sauce, sweet soy sauce, black soy sauce and chili paste. Bring the mixture to a low simmer and cook, stirring frequently until the meat is cooked through and the vegetables are tender, about 3 minutes.
- Remove the skillet from the heat and stir in the basil and mint until wilted.
- Transfer to a serving dish and serve over steamed white rice.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:31.67, Inflammation Score:-9, Nutrition Score:27.198695970618%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Kaempferol: 0.01mg, Kaempferol:

0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 532kcal (26.6%), Fat: 20.14g (30.98%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 55.12g (18.37%), Net Carbohydrates: 51.27g (18.64%), Sugar: 10.24g (11.37%), Cholesterol: 68.04mg (22.68%), Sodium: 1874.56mg (81.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.7%), Selenium: 42.52µg (60.74%), Vitamin C: 47.81mg (57.95%), Vitamin B6: 1.05mg (52.52%), Vitamin K: 54.64µg (52.04%), Vitamin B3: 9.43mg (47.15%), Manganese: 0.92mg (46.07%), Vitamin A: 1929.05IU (38.58%), Zinc: 5.36mg (35.71%), Phosphorus: 313.07mg (31.31%), Iron: 4.11mg (22.83%), Magnesium: 88.51mg (22.13%), Potassium: 724.66mg (20.7%), Vitamin E: 3.03mg (20.18%), Vitamin B12: 1.1µg (18.36%), Folate: 67.11µg (16.78%), Fiber: 3.86g (15.43%), Vitamin B2: 0.25mg (14.73%), Vitamin B1: 0.22mg (14.64%), Copper: 0.29mg (14.44%), Vitamin B5: 1.38mg (13.77%), Calcium: 95.12mg (9.51%)