



Spicy Mint Beef

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons canola oil
- 1 tablespoon chili paste in soybean 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 cut into 1/8-inch-thick slices
- 2 serrano chiles stemmed thinly sliced (such as prik kee noo)

- 3 medium shallots thinly sliced
- 2 tablespoons soya sauce black
- 2 tablespoons soya sauce sweet
- 1.5 cups thai basil leaves fresh chopped (or regular basil)
- 4 servings rice white for serving

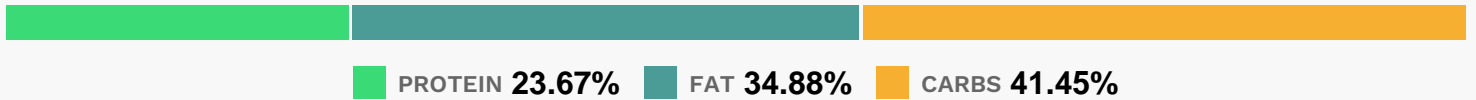
Equipment

- frying pan

Directions

- 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, 2 minutes.
- Add the shallots and bell pepper and cook 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.
- Serve over rice.
- Photograph by Kat Teutsch

Nutrition Facts



Properties

Glycemic Index:59.55, Glycemic Load:23.68, Inflammation Score:-9, Nutrition Score:26.971739022628%

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: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg 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: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 530.1kcal (26.51%), Fat: 20.28g (31.21%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 54.23g (18.08%), Net Carbohydrates: 51.11g (18.59%), Sugar: 10.23g (11.37%), Cholesterol: 68.04mg (22.68%), Sodium: 1873.56mg (81.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.97g (61.94%), Selenium: 42.51µg (60.73%), Vitamin C: 47.13mg (57.13%), Vitamin B6: 1.07mg (53.45%), Manganese: 0.97mg (48.56%), Vitamin K: 50.36µg (47.96%), Vitamin B3: 9.16mg (45.78%), Vitamin A: 1914.99IU (38.3%), Zinc: 5.3mg (35.35%), Phosphorus: 332.71mg (33.27%), Magnesium: 89.1mg (22.28%), Vitamin E: 3.29mg (21.96%), Potassium: 737.6mg (21.07%), Iron: 3.75mg (20.82%), Vitamin B12: 1.1µg (18.36%), Folate: 67.22µg (16.81%), Copper: 0.31mg (15.47%), Vitamin B5: 1.46mg (14.61%), Vitamin B2: 0.25mg (14.5%), Fiber: 3.11g (12.45%), Vitamin B1: 0.17mg (11.21%), Calcium: 102.81mg (10.28%)