



Spy Thai Beef

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

READY IN



35 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slices cilantro leaves fresh shredded shelled sliced
- 0.1 teaspoon pepper red crushed
- 0.8 teaspoon garlic powder
- 0.8 teaspoon ground ginger
- 1 pound ground beef 93% lean (or leaner)
- 2 tablespoons juice of lime fresh
- 2 tablespoons soya sauce reduced-sodium
- 3 tablespoons regular sunflower seed butter reduced-fat

0.3 cup water

Equipment

frying pan

Directions

Heat large nonstick skillet over medium heat until hot.

Add ground beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

Remove drippings.

Meanwhile, combine water, peanut butter, soy sauce, lime juice, garlic powder, ground ginger and red pepper.

Stir peanut butter mixture into beef. Continue to cook over medium heat 2 to 3 minutes or until heated through, stirring occasionally.

Evenly divide beef mixture over six wonton triangles, if desired.

Garnish with toppings, as desired.

Nutrition Facts



PROTEIN 47.16% **FAT 44.13%** **CARBS 8.71%**

Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:15.600434777529%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 234.62kcal (11.73%), Fat: 11.45g (17.62%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.87g (1.77%), Sugar: 0.2g (0.22%), Cholesterol: 70.31mg (23.44%), Sodium: 365.67mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.08%), Zinc: 6.51mg (43.42%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 7.02mg (35.09%), Phosphorus: 330.44mg (33.04%), Selenium: 20.14µg (28.77%), Vitamin B6: 0.57mg (28.48%), Manganese: 0.43mg (21.56%), Iron: 3.5mg (19.44%), Magnesium: 76.89mg (19.22%), Vitamin B5:

1.61mg (16.11%), Copper: 0.32mg (15.88%), Vitamin B2: 0.24mg (14.2%), Potassium: 452.11mg (12.92%), Folate: 38.87µg (9.72%), Vitamin B1: 0.09mg (6.03%), Vitamin C: 2.65mg (3.21%), Calcium: 29.99mg (3%), Vitamin E: 0.4mg (2.67%), Vitamin K: 1.23µg (1.17%)