



Steak Salad with Peanut-Lime Vinaigrette

 Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bean sprouts
- 1 cup cucumber diced
- 0.3 cup roasted peanuts dry chopped
- 1 pound flank steak
- 4 cups lettuce red chopped
- 2 tablespoons juice of lime fresh
- 1 cup satay sauce
- 4 servings salt and pepper

- 0.3 cup scallions chopped
- 1 cup tomatoes diced
- 1 cup watercress leaves

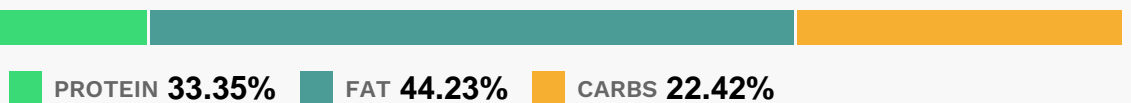
Equipment

- bowl
- frying pan
- whisk
- grill pan

Directions

- Season steak with salt and pepper.
- Place in preheated grill pan that has been sprayed with cooking spray. Sear on each side for 2 to 3 minutes for medium-rare, or cook to desired degree of doneness.
- Remove from pan and let rest before slicing against the grain on the bias.
- Place lettuce on 4 individual plates. Top lettuce with watercress and bean sprouts. Top with steak slices, tomatoes, cucumber, and scallions. Set aside.
- In a small bowl, whisk together peanut sauce and lime juice.
- Pour mixture over salad. Top with steak and sprinkle peanuts over top just before serving.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:23.821738989457%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg 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: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin:

5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 394.56kcal (19.73%), Fat: 18.94g (29.14%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 19.13g (6.96%), Sugar: 13.88g (15.42%), Cholesterol: 68.04mg (22.68%), Sodium: 1143.4mg (49.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.27%), Vitamin K: 93.02µg (88.59%), Vitamin A: 2795.52IU (55.91%), Selenium: 35.07µg (50.1%), Vitamin B3: 9mg (45%), Vitamin B6: 0.85mg (42.31%), Zinc: 4.93mg (32.89%), Phosphorus: 310.13mg (31.01%), Vitamin C: 18.11mg (21.95%), Potassium: 730.59mg (20.87%), Manganese: 0.42mg (20.81%), Vitamin B12: 1.03µg (17.2%), Folate: 66.87µg (16.72%), Magnesium: 62.6mg (15.65%), Iron: 2.79mg (15.5%), Vitamin B2: 0.24mg (13.89%), Copper: 0.23mg (11.73%), Vitamin B1: 0.17mg (11.59%), Vitamin B5: 1.14mg (11.39%), Fiber: 2.48g (9.91%), Vitamin E: 1.22mg (8.12%), Calcium: 67.62mg (6.76%)