



Tasty Taiwan-Ease Beef Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 pounds beef top sirloin steak boneless cut
- 1.5 cups d carrots shredded
- 0.3 teaspoon pepper red crushed
- 0.5 cup roasted peanuts unsalted dry chopped
- 1 teaspoon ginger fresh grated
- 0.5 cup dressing italian prepared
- 10 ounce greens mixed such as romaine, radicchio, endive and butter lettuces european or italian-style
- 4 servings dressing

2 tablespoons soya sauce

Equipment

bowl

frying pan

whisk

wok

Directions

In small bowl, combine dressing ingredients; whisk until blended.

Trim fat from beef steak.

Cut steak lengthwise in half and then crosswise into 1/4-inch thick strips. In medium bowl, combine beef and 2 tablespoons dressing mixture; toss to coat.

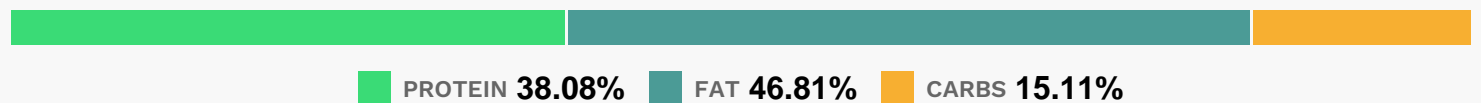
Let stand 10 minutes.

Meanwhile in large bowl, combine mixed greens, carrots and peanuts; toss. Arrange on platter.

In wok or large nonstick skillet, heat 2 tablespoons dressing mixture over medium-high heat until hot.

Add beef, 1/2 at a time, and stir-fry 2 to 3 minutes or until outside surface is no longer pink. Arrange beef on salad; drizzle remaining dressing mixture over salad.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:28.538695832957%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 401.79kcal (20.09%), Fat: 21.08g (32.42%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 12.26g (4.46%), Sugar: 6.75g (7.5%), Cholesterol: 84.04mg (28.01%), Sodium: 1012.85mg (44.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.15%), Vitamin A: 8872.27IU (177.45%), Selenium: 46.47µg (66.39%), Vitamin B3: 13.14mg (65.72%), Vitamin B6: 1.14mg (57.04%), Zinc: 6.52mg (43.48%), Phosphorus: 428.66mg (42.87%), Manganese: 0.64mg (31.87%), Potassium: 949.03mg (27.12%), Vitamin K: 25.14µg (23.94%), Vitamin C: 19.42mg (23.54%), Vitamin B12: 1.33µg (22.22%), Magnesium: 85.03mg (21.26%), Iron: 3.49mg (19.37%), Folate: 73.71µg (18.43%), Vitamin B2: 0.29mg (16.82%), Vitamin E: 2.36mg (15.74%), Vitamin B5: 1.44mg (14.42%), Copper: 0.27mg (13.34%), Vitamin B1: 0.2mg (13.31%), Fiber: 3.04g (12.18%), Calcium: 73.31mg (7.33%)