



Thai Basil Beef with Rice Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus fresh ()
- 1 cup cherry tomatoes halved
- 1 tablespoon fish sauce
- 1 pound flank steak trimmed
- 0.5 cup basil fresh thinly sliced
- 3 tablespoons juice of lime fresh
- 4 ounces wide rice stick noodles (bánh pho)
- 0.3 teaspoon salt

- 1 tablespoon sugar
- 0.5 teaspoon thai curry paste red
- 8 cups water

Equipment

- bowl
- frying pan
- sauce pan
- grill
- slotted spoon
- grill pan

Directions

- Heat a large grill pan over medium-high heat.
- While pan heats, bring water to a boil in a large saucepan.
- Add steak to grill pan; grill 5 minutes on each side or until desired degree of doneness.
- Sprinkle steak with salt.
- Cut steak across grain into thin slices.
- While steak cooks, add asparagus to boiling water; cook 2 minutes.
- Remove asparagus with a slotted spoon.
- Add noodles to boiling water; cook 3 minutes or until done.
- Drain; rinse well.
- Cut noodles into smaller pieces; place in a medium bowl.
- While noodles cook, combine sugar, lime juice, fish sauce, and curry paste in a large bowl.
- Add one-half of lime mixture to medium bowl with noodles; toss to coat.
- Add steak, asparagus, tomatoes, and basil to remaining lime mixture in large bowl; toss to combine.
- Serve steak mixture over noodles.

Nutrition Facts

PROTEIN 37.54% FAT 18.04% CARBS 44.42%

Properties

Glycemic Index:57.52, Glycemic Load:16.19, Inflammation Score:-8, Nutrition Score:23.836086936619%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg

Nutrients (% of daily need)

Calories: 305.28kcal (15.26%), Fat: 6.09g (9.37%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 30.51g (11.1%), Sugar: 6.46g (7.18%), Cholesterol: 68.04mg (22.68%), Sodium: 640.7mg (27.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.5g (57.01%), Vitamin K: 62.09µg (59.14%), Selenium: 40.98µg (58.54%), Vitamin B3: 8.58mg (42.89%), Vitamin B6: 0.85mg (42.48%), Zinc: 5.31mg (35.38%), Phosphorus: 345.41mg (34.54%), Iron: 4.78mg (26.58%), Vitamin A: 1302.29IU (26.05%), Vitamin C: 18.83mg (22.83%), Copper: 0.44mg (22%), Folate: 84.86µg (21.22%), Potassium: 740.52mg (21.16%), Manganese: 0.42mg (20.97%), Vitamin B2: 0.31mg (18.26%), Vitamin B1: 0.27mg (18.03%), Vitamin B12: 1.05µg (17.56%), Magnesium: 63.01mg (15.75%), Fiber: 3.21g (12.85%), Vitamin E: 1.87mg (12.45%), Vitamin B5: 1.11mg (11.13%), Calcium: 84.24mg (8.42%)