



 **100%**  
HEALTH SCORE

## Thai Beef Cabbage Cups

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**27 min.**

SERVINGS



**4**

CALORIES



**948 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper red crushed
- 2.5 teaspoons sesame oil dark divided
- 2 tablespoons dry-roasted peanuts unsalted finely chopped
- 1.5 tablespoons fish sauce
- 0.5 cup cilantro leaves fresh chopped
- 2 teaspoons ginger fresh minced peeled
- 3 garlic cloves minced
- 1 pound ground sirloin

- 2 tablespoons juice of lime fresh
- 8 large cabbage leaves green
- 0.5 cup onion red vertically sliced
- 1 tablespoon sugar
- 1 tablespoon water

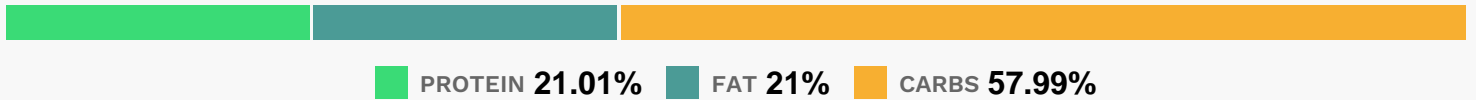
## Equipment

- bowl
- frying pan

## Directions

- Heat a large nonstick skillet over medium-high heat.
- Add 2 teaspoons oil to pan; swirl to coat.
- Add ginger and garlic; cook 1 minute, stirring constantly.
- Add beef; cook 5 minutes or until browned, stirring to crumble.
- Combine remaining 1/2 teaspoon oil, sugar, and next 4 ingredients (through pepper) in a large bowl.
- Add beef mixture, onion, and cilantro; toss well.
- Place 2 cabbage leaves on each of 4 plates; divide beef mixture evenly among leaves. Top each serving with 1 1/2 teaspoons peanuts.

## Nutrition Facts



## Properties

Glycemic Index:54.52, Glycemic Load:38.99, Inflammation Score:-10, Nutrition Score:69.68304384273%

## 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 Apigenin: 2mg, Apigenin: 2mg, Apigenin: 2mg, Apigenin: 2mg Luteolin: 2.5mg, Luteolin: 2.5mg,

Luteolin: 2.5mg, Luteolin: 2.5mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg  
Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg Myricetin: 0.04mg, Myricetin:  
0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg,  
Quercetin: 12.18mg

## **Nutrients (% of daily need)**

Calories: 947.61kcal (47.38%), Fat: 24.54g (37.75%), Saturated Fat: 8.25g (51.56%), Carbohydrates: 152.43g  
(50.81%), Net Carbohydrates: 89.05g (32.38%), Sugar: 84.15g (93.5%), Cholesterol: 77.11mg (25.7%), Sodium:  
1080.3mg (46.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.24g (110.49%), Vitamin K: 1905.27µg  
(1814.54%), Vitamin C: 918.59mg (1113.45%), Folate: 1095.83µg (273.96%), Fiber: 63.38g (253.53%), Manganese:  
4.22mg (210.81%), Vitamin B6: 3.59mg (179.44%), Potassium: 4700.03mg (134.29%), Vitamin B1: 1.6mg (106.95%),  
Calcium: 1035.09mg (103.51%), Phosphorus: 874.66mg (87.47%), Magnesium: 344.48mg (86.12%), Iron: 14.42mg  
(80.11%), Vitamin B2: 1.19mg (70.19%), Zinc: 9.77mg (65.15%), Vitamin B3: 12.11mg (60.54%), Vitamin B5: 6.05mg  
(60.53%), Vitamin A: 2623.26IU (52.47%), Vitamin B12: 2.49µg (41.55%), Selenium: 26.89µg (38.41%), Copper:  
0.61mg (30.6%), Vitamin E: 4.32mg (28.81%)