



Thai Beef Noodle Salad



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1251 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado diced (stoned, scooped and)
- ☐ 0.5 cup cabbage shredded ()
- ☐ 1 carrots julienned ()
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 0.5 cucumber diced ()
- ☐ 1 tablespoon fish sauce
- ☐ 3 tablespoons fish sauce
- ☐ 1 handful basil chopped ()

- ☐ 1 handful mint leaves chopped ()
- ☐ 1 clove garlic grated ()
- ☐ 1 teaspoon ginger grated ()
- ☐ 0.5 cup grape tomatoes
- ☐ 2 green onions sliced ()
- ☐ 1 juice of lime (juice and zest)
- ☐ 1 juice of lime (juice)
- ☐ 0.5 cup lettuce shredded ()
- ☐ 1 mangos diced (stoned scooped and)
- ☐ 1 tablespoon oil
- ☐ 1 tablespoon coconut sugar grated (or brown sugar)
- ☐ 1 teaspoon coconut sugar grated (or brown sugar)
- ☐ 1 handful peanuts chopped (roasted and)
- ☐ 2 birds eye chilies sliced ()
- ☐ 1 ounce rice noodles
- ☐ 0.5 pound fat-trimmed beef flank steak (your choice of cut)
- ☐ 2 tablespoons coconut milk unsweetened

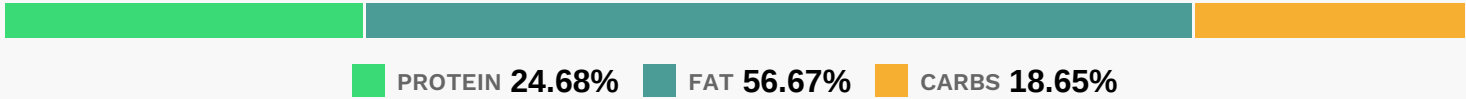
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Marinate the steak in the fish sauce, lime, and sugar for 20–30 minutes.
- ☐ Heat the oil in a pan.Grill the steak until medium rare, abut 2–3 minutes per side and set aside to rest.
- ☐ Pour boiling water over the noodles and let them soak until tender, about 5–7 minutes.
- ☐ Mix the salad.
- ☐ Mix the dressing.Toss the salad in the dressing and serve topped with the steak.

Nutrition Facts



Properties

Glycemic Index:259.42, Glycemic Load:16.98, Inflammation Score:-10, Nutrition Score:62.003913205603%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 1251.19kcal (62.56%), Fat: 81.16g (124.86%), Saturated Fat: 28.41g (177.57%), Carbohydrates: 60.12g (20.04%), Net Carbohydrates: 46.65g (16.96%), Sugar: 29.63g (32.92%), Cholesterol: 207.03mg (69.01%), Sodium: 3077.77mg (133.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.52g (159.03%), Vitamin A: 7296.41IU (145.93%), Selenium: 91.81µg (131.15%), Zinc: 19.18mg (127.86%), Vitamin B3: 23.07mg (115.37%), Vitamin B6: 2.12mg (106.14%), Vitamin B12: 5.81µg (96.78%), Vitamin K: 100.95µg (96.14%), Vitamin C: 77.67mg (94.14%), Phosphorus: 707.1mg (70.71%), Potassium: 2279.22mg (65.12%), Vitamin B2: 1.1mg (64.91%), Folate: 240.62µg (60.15%), Magnesium: 236.54mg (59.14%), Manganese: 1.16mg (58.07%), Fiber: 13.47g (53.89%), Iron: 8.7mg (48.36%), Copper: 0.91mg (45.29%), Vitamin B1: 0.6mg (39.87%), Vitamin E: 4.94mg (32.91%), Vitamin B5: 2.36mg (23.62%), Calcium: 147.33mg (14.73%), Vitamin D: 0.34µg (2.26%)