



## Thai Beef Salad

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

READY IN



15 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 teaspoons canola oil
- 1 tablespoon juice of lime
- 1 tablespoon soy sauce reduced-sodium
- 1 teaspoon sugar
- 0.5 teaspoon pepper red crushed
- 10 oz the of 1 cos lettuce mixed
- 0.3 cup cilantro leaves fresh packed
- 0.3 cup mint leaves fresh packed

6 oz pan drippings from roast beef preferably thinly sliced cut into thin strips ( 1 1/2 cups)  
reduced-sodium (from deli)

1 serving lime wedges

## Equipment

bowl

## Directions

In small bowl, mix oil, lime juice, soy sauce, sugar and red pepper flakes.

In large salad bowl, layer lettuce, cilantro and mint. Arrange beef strips on top; drizzle with dressing. Toss just before serving.

Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:33.52, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:16.682173822237%

## Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

## Nutrients (% of daily need)

Calories: 108.48kcal (5.42%), Fat: 5.79g (8.9%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.96g (2.17%), Cholesterol: 24.24mg (8.08%), Sodium: 795.18mg (34.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Vitamin A: 6436.19IU (128.72%), Vitamin K: 78.89µg (75.13%), Vitamin C: 24.33mg (29.5%), Folate: 106.31µg (26.58%), Vitamin B3: 3.52mg (17.6%), Calcium: 152.6mg (15.26%), Vitamin B12: 0.72µg (12.05%), Vitamin B6: 0.24mg (12.04%), Zinc: 1.78mg (11.87%), Phosphorus: 113.83mg (11.38%), Iron: 1.84mg (10.24%), Potassium: 338.96mg (9.68%), Manganese: 0.18mg (8.86%), Fiber: 1.88g (7.51%), Vitamin B2: 0.12mg (7.16%), Vitamin E: 0.94mg (6.25%), Magnesium: 24.81mg (6.2%), Vitamin B1: 0.08mg (5.09%), Selenium: 3.22µg (4.6%), Copper: 0.08mg (4.05%), Vitamin B5: 0.26mg (2.64%)