



Thai Beef Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons chili paste depending on your taste pref with garlic
- ☐ 1.3 cups cucumber english thinly sliced
- ☐ 1.5 pound flank steak trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 cup juice of lime fresh

- ☐ 4 plum tomatoes cut into 6 wedges
- ☐ 1.5 cups onion red vertically sliced
- ☐ 6 cups the of 1 cos lettuce
- ☐ 2 tablespoons thai fish sauce

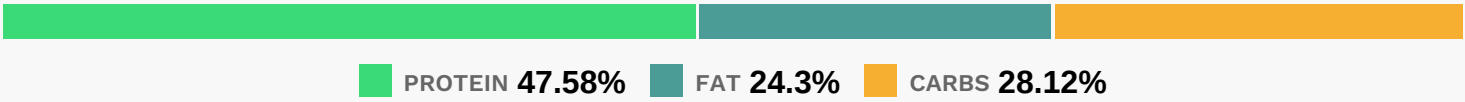
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ Combine first 6 ingredients, stirring until sugar dissolves; set half of lime mixture aside.
- ☐ Combine other half of lime mixture and steak in a large zip-top plastic bag; seal. Marinate in refrigerator 10 minutes, turning once.
- ☐ Remove steak from bag; discard marinade.
- ☐ Place steak on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add tomatoes; saut 2 minutes.
- ☐ Place onion mixture, lettuce, cucumber, and mint in a large bowl; toss gently to combine. Divide salad evenly among 6 plates. Top each serving with 3 ounces steak; drizzle each serving with 1 tablespoon reserved lime mixture.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:23.239130642103%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.88mg, Quercetin: 9.88mg, Quercetin: 9.88mg, Quercetin: 9.88mg

Nutrients (% of daily need)

Calories: 220.73kcal (11.04%), Fat: 6.01g (9.25%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 13.1g (4.76%), Sugar: 8.64g (9.6%), Cholesterol: 68.04mg (22.68%), Sodium: 542.54mg (23.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.98%), Vitamin A: 4598.85IU (91.98%), Vitamin K: 58.78µg (55.98%), Selenium: 34.73µg (49.61%), Vitamin B6: 0.87mg (43.39%), Vitamin B3: 7.82mg (39.11%), Zinc: 4.7mg (31.36%), Phosphorus: 279.13mg (27.91%), Folate: 101.97µg (25.49%), Vitamin C: 19.06mg (23.11%), Potassium: 773.88mg (22.11%), Vitamin B12: 1.06µg (17.68%), Iron: 2.71mg (15.04%), Magnesium: 57.76mg (14.44%), Manganese: 0.26mg (13.02%), Vitamin B2: 0.2mg (12.03%), Vitamin B1: 0.17mg (11.29%), Fiber: 2.55g (10.21%), Vitamin B5: 0.98mg (9.76%), Copper: 0.18mg (9.07%), Calcium: 72.22mg (7.22%), Vitamin E: 0.7mg (4.69%)