



Thai Beef Salad

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 celery stalks sliced
- ☐ 1 Leaves cilantro leaves
- ☐ 0.5 cucumber english halved lengthwise sliced
- ☐ 2 teaspoons fish sauce
- ☐ 1 juice of lime
- ☐ 0.3 cup onion red rinsed thinly sliced
- ☐ 0.5 pound sirloin steak sliced
- ☐ 2 teaspoons soya sauce

- ☐ 4 oz sprouts such as radish or pea
- ☐ 3 tablespoons chilli sauce sweet
- ☐ 1 tablespoon vegetable oil

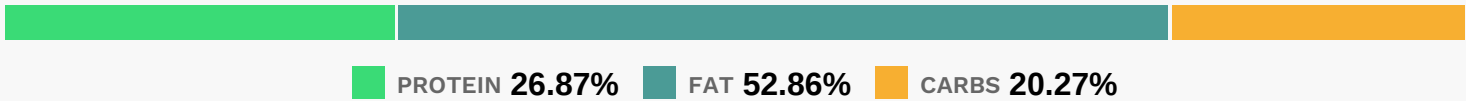
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put cilantro, sprouts, cucumber, onion, and celery in a large bowl. In a small bowl, mix together fish sauce, chili sauce, and lime juice to make dressing. Set both aside.
- ☐ Heat oil in a large frying pan over high heat.
- ☐ Add beef and cook, stirring occasionally, until no longer pink, about 4 minutes.
- ☐ Drizzle beef with soy sauce.
- ☐ Add beef to vegetable mixture, pour dressing over salad, and toss gently to combine.
- ☐ *Find in grocery stores' Asian foods aisle.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:8.7830435089443%

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: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 204.73kcal (10.24%), Fat: 12.14g (18.68%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.35g (3.4%), Sugar: 7.66g (8.51%), Cholesterol: 31.75mg (10.58%), Sodium: 566.05mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.78%), Vitamin B12: 1.59µg (26.51%), Vitamin K: 22.51µg (21.44%), Zinc: 2.25mg (14.98%), Selenium: 10.02µg (14.31%), Vitamin B6: 0.28mg (13.93%), Phosphorus: 137.13mg (13.71%), Vitamin B3: 2.45mg (12.27%), Vitamin B2: 0.16mg (9.57%), Iron: 1.66mg (9.2%), Potassium: 302.47mg (8.64%), Vitamin C: 6.76mg (8.19%), Magnesium: 32.54mg (8.13%), Manganese: 0.13mg (6.7%), Vitamin B1: 0.1mg (6.61%), Copper: 0.12mg (5.94%), Folate: 22.46µg (5.62%), Vitamin B5: 0.48mg (4.79%), Fiber: 1.12g (4.49%), Calcium: 25.45mg (2.54%), Vitamin A: 113.54IU (2.27%), Vitamin E: 0.33mg (2.17%)