



Thai Beef Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce broccoli slaw
- ☐ 0.5 cucumber english halved lengthwise thinly sliced
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 cup cilantro leaves fresh
- ☐ 2 garlic clove peeled
- ☐ 0.3 cup spring onion thinly sliced

- ☐ 1 tablespoon honey
- ☐ 0.3 cup juice of lime fresh (2 limes)
- ☐ 1 tablespoon soy sauce
- ☐ 11 ounce mandarin orange segments light drained canned
- ☐ 2 cups napa cabbage shredded
- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons orange zest grated
- ☐ 0.1 teaspoon salt
- ☐ 0.5 small serrano chiles
- ☐ 1 tablespoon thai fish sauce

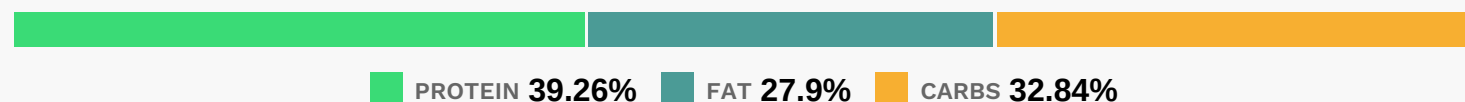
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 8 ingredients in a food processor, and process until smooth.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle steaks evenly on both sides with pepper and salt.
- ☐ Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan; let stand 5 minutes. Thinly slice steaks.
- ☐ Combine cabbage and the remaining ingredients in a large bowl.
- ☐ Drizzle slaw mixture with cilantro mixture; toss. Arrange 2 cups slaw mixture on each of 4 plates; top each serving with 3 ounces beef.

Nutrition Facts



Properties

Glycemic Index:80.57, Glycemic Load:6.57, Inflammation Score:-9, Nutrition Score:28.188261032104%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 7.55mg, Hesperetin: 7.55mg, Hesperetin: 7.55mg Naringenin: 7.87mg, Naringenin: 7.87mg, Naringenin: 7.87mg, Naringenin: 7.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 293.63kcal (14.68%), Fat: 9.47g (14.57%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 22.38g (8.14%), Sugar: 14.45g (16.06%), Cholesterol: 72.57mg (24.19%), Sodium: 665.15mg (28.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.94%), Vitamin C: 121.06mg (146.74%), Vitamin K: 61.3µg (58.38%), Selenium: 38.37µg (54.81%), Vitamin B6: 1.07mg (53.68%), Vitamin B3: 8.6mg (43.01%), Zinc: 5.21mg (34.74%), Phosphorus: 346.87mg (34.69%), Folate: 135.29µg (33.82%), Potassium: 1060.67mg (30.3%), Vitamin A: 1483.6IU (29.67%), Manganese: 0.46mg (23.2%), Magnesium: 83.11mg (20.78%), Vitamin B2: 0.33mg (19.33%), Iron: 3.33mg (18.52%), Vitamin B12: 1.08µg (17.94%), Vitamin B5: 1.58mg (15.85%), Vitamin B1: 0.23mg (15.21%), Calcium: 151.81mg (15.18%), Copper: 0.23mg (11.31%), Fiber: 2.7g (10.78%), Vitamin E: 1.07mg (7.13%)