



Thai Beef Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce broccoli coleslaw
- ☐ 1 cup cucumber grated peeled seeded
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 cup cilantro leaves fresh loosely packed
- ☐ 2 garlic cloves peeled
- ☐ 0.3 cup green onions thinly sliced

- ☐ 1 tablespoon honey
- ☐ 0.3 cup juice of lime fresh (3 limes)
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 11 ounce mandarin oranges in syrup light drained canned
- ☐ 2 cups napa cabbage shredded
- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons orange rind grated
- ☐ 0.1 teaspoon salt
- ☐ 0.5 small serrano chile
- ☐ 1.5 tablespoons thai fish sauce

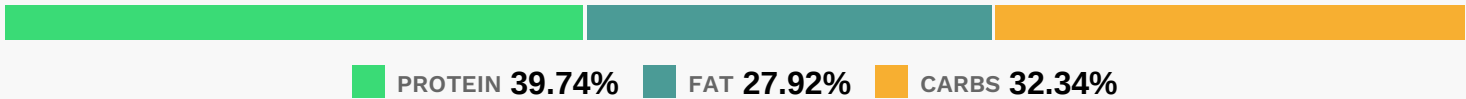
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 8 ingredients in a food processor; process until smooth.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle steak evenly on both sides with pepper and salt.
- ☐ Add steak to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from pan; let stand 5 minutes. Thinly slice steak.
- ☐ 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:84.32, Glycemic Load:6.64, Inflammation Score:-9, Nutrition Score:28.36086967717%

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: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 295.07kcal (14.75%), Fat: 9.49g (14.6%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 21.97g (7.99%), Sugar: 14.39g (15.99%), Cholesterol: 72.57mg (24.19%), Sodium: 985.69mg (42.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.4g (60.8%), Vitamin C: 121.08mg (146.77%), Selenium: 38.51µg (55.02%), Vitamin K: 57.55µg (54.8%), Vitamin B6: 1.09mg (54.55%), Vitamin B3: 8.68mg (43.38%), Phosphorus: 351.65mg (35.17%), Folate: 140.23µg (35.06%), Zinc: 5.23mg (34.86%), Potassium: 1071.32mg (30.61%), Vitamin A: 1468.44IU (29.37%), Manganese: 0.48mg (24.04%), Magnesium: 88.92mg (22.23%), Vitamin B2: 0.34mg (19.73%), Iron: 3.37mg (18.74%), Vitamin B12: 1.09µg (18.12%), Vitamin B5: 1.58mg (15.83%), Vitamin B1: 0.23mg (15.35%), Calcium: 152.63mg (15.26%), Copper: 0.24mg (11.88%), Fiber: 2.77g (11.07%), Vitamin E: 1.09mg (7.23%)