



Thai Beef with Basil



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots grated julienned
- ☐ 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- ☐ 3 cups basil leaves fresh divided
- ☐ 6 garlic cloves thinly sliced
- ☐ 1 pound ground beef
- ☐ 4 servings kosher salt freshly ground
- ☐ 4 tablespoons juice of lime fresh divided
- ☐ 4 servings rice and lime wedges steamed (for serving)

- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 2 chiles red divided seeded thinly sliced for less heat if desired,
- ☐ 2 scallions thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil divided

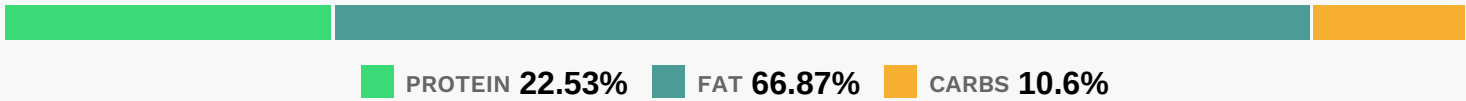
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over highheat.
- ☐ Add garlic and 1 chile and cook,stirring, until fragrant, about 30 seconds.
- ☐ Add beef, season with salt and pepper,and cook, breaking up with a spoon andpressing down firmly to help brown, untilcooked through and nicely crisped inspots, 8–10 minutes.
- ☐ Add broth and 2 cupsbasil and cook, stirring, until basil is wilted,about 2 minutes.
- ☐ Toss carrots, scallions, 1 tablespoon lime juice,and remaining chile, 1 cup basil leaves, and1 tablespoon oil in a small bowl.
- ☐ Mix soy sauce, fish sauce, sugar,and remaining 3 tablespoons lime juice in anothersmall bowl until sugar dissolves.
- ☐ Top rice with beef and slaw and drizzlewith soy dressing.
- ☐ Serve lime wedgesalongside for squeezing over.
- ☐ Per serving: 240 calories, 12 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:89.48, Glycemic Load:3.09, Inflammation Score:-10, Nutrition Score:26.084782631501%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 401.42kcal (20.07%), Fat: 30.02g (46.19%), Saturated Fat: 9.83g (61.43%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 8.8g (3.2%), Sugar: 4.39g (4.88%), Cholesterol: 80.51mg (26.84%), Sodium: 751.94mg (32.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.52%), Vitamin A: 6328.34IU (126.57%), Vitamin K: 109.18µg (103.98%), Vitamin C: 44.72mg (54.2%), Vitamin B12: 2.48µg (41.3%), Zinc: 5.21mg (34.73%), Vitamin B6: 0.65mg (32.48%), Vitamin B3: 6.22mg (31.11%), Selenium: 18.36µg (26.23%), Phosphorus: 243.59mg (24.36%), Manganese: 0.45mg (22.42%), Iron: 3.5mg (19.42%), Potassium: 650.34mg (18.58%), Vitamin B2: 0.26mg (15.4%), Magnesium: 57.08mg (14.27%), Copper: 0.23mg (11.35%), Vitamin E: 1.63mg (10.85%), Folate: 42.53µg (10.63%), Calcium: 86.35mg (8.63%), Vitamin B5: 0.82mg (8.2%), Fiber: 1.9g (7.6%), Vitamin B1: 0.11mg (7.43%)