



Thai Chili Steak Salad

 Gluten Free

READY IN



41 min.

SERVINGS



41

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup baby corns
- 1 lb beef sirloin steak
- 6 oz philadelphia cream cheese ()
- 2 Tbsp heinz distilled vinegar white
- 2 Tbsp cilantro leaves fresh chopped
- 2 cups green beans fresh
- 2 Tbsp mint leaves fresh chopped
- 1 tsp lime zest

- 2 Tbsp oil
- 1 small onion red
- 0.3 cup planters roasted peanuts unsalted dry
- 6 oz torn salad greens mixed
- 0.3 cup chili sauce sweet

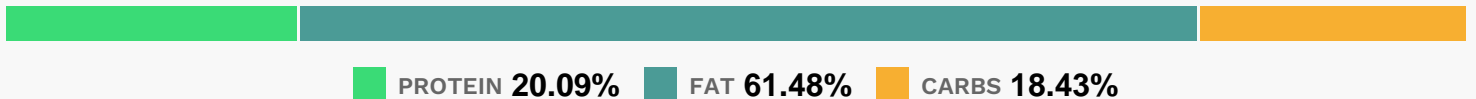
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Cut cream cheese into 8 slices; cut each slice diagonally in half.
- Place in single layer on parchment-covered baking sheet. Spray with cooking spray.
- Bake 10 min. or until golden brown. Set aside.
- Turn oven setting to Broil. Broil steak 6 to 8 min. on each side or until medium doneness (160F).
- Let stand 5 min.
- Cut across the grain into thin slices.
- Cover 6 plates with greens; top with beans, corn, onions, cream cheese and meat.
- Mix chili sauce and next 5 ingredients; drizzle over salads. Top with nuts.

Nutrition Facts



Properties

Glycemic Index:6.57, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:2.2356521850047%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 61.47kcal (3.07%), Fat: 4.28g (6.59%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.4g (1.55%), Cholesterol: 10.39mg (3.46%), Sodium: 40.01mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin B12: 0.32µg (5.28%), Phosphorus: 35.19mg (3.52%), Vitamin B3: 0.68mg (3.41%), Vitamin B6: 0.07mg (3.36%), Selenium: 2.32µg (3.32%), Vitamin A: 156.61IU (3.13%), Zinc: 0.46mg (3.05%), Vitamin K: 2.97µg (2.83%), Manganese: 0.05mg (2.65%), Vitamin C: 2.11mg (2.56%), Vitamin B2: 0.04mg (2.44%), Potassium: 79.52mg (2.27%), Iron: 0.36mg (2%), Magnesium: 7.41mg (1.85%), Folate: 7.13µg (1.78%), Vitamin B1: 0.03mg (1.74%), Fiber: 0.4g (1.59%), Vitamin B5: 0.13mg (1.27%), Copper: 0.02mg (1.24%), Vitamin E: 0.18mg (1.22%)