



 **59%**  
HEALTH SCORE

## Thai Grilled Beef Salad

 Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



2

CALORIES



580 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound beef flank steak
- 1 tablespoon chili oil
- 0.3 cup cucumber sliced
- 0.3 cup fish sauce
- 3 tablespoons cilantro leaves fresh chopped
- 3 tablespoons ginger root fresh minced
- 3 tablespoons garlic minced
- 0.3 cup green onions chopped

- 1 tablespoon soy sauce
- 0.3 cup juice of lime
- 0.3 cup onion thinly sliced
- 1 tablespoon sesame oil
- 0.3 cup shallots chopped
- 0.3 cup thai chili peppers sliced
- 2 tomatoes cut into wedges

## Equipment

- bowl
- grill

## Directions

- Preheat grill for medium-high heat.
- Grill beef to desired doneness, and allow to cool.
- While beef is cooling, stir together fish sauce, lime juice, kecap manis, garlic, ginger, cilantro, sesame oil, and chili oil; mix in the green onions and shallots. Adjust seasoning to your taste.
- Cut beef into bite-sized pieces. In a large bowl, toss with onion, tomatoes, cucumber, and chili peppers.
- Pour in the dressing, and toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:109.5, Glycemic Load:4.47, Inflammation Score:-9, Nutrition Score:39.289130086484%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.74mg,

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg

## Nutrients (% of daily need)

Calories: 579.53kcal (28.98%), Fat: 25.89g (39.83%), Saturated Fat: 6.76g (42.23%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 28.42g (10.33%), Sugar: 16.36g (18.18%), Cholesterol: 136.08mg (45.36%), Sodium: 2577.27mg (112.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.91g (107.82%), Selenium: 72µg (102.85%), Vitamin C: 82.7mg (100.24%), Vitamin B6: 1.96mg (97.88%), Vitamin B3: 16.07mg (80.34%), Zinc: 9.44mg (62.94%), Phosphorus: 556.42mg (55.64%), Vitamin K: 49.93µg (47.55%), Potassium: 1527.52mg (43.64%), Vitamin B12: 2.2µg (36.72%), Magnesium: 141.66mg (35.41%), Manganese: 0.65mg (32.71%), Iron: 5.24mg (29.1%), Vitamin A: 1444IU (28.88%), Folate: 96.13µg (24.03%), Vitamin B2: 0.37mg (21.49%), Copper: 0.41mg (20.52%), Vitamin B1: 0.3mg (20.18%), Vitamin B5: 1.88mg (18.77%), Vitamin E: 2.77mg (18.44%), Fiber: 4.08g (16.34%), Calcium: 130.75mg (13.07%)