



Thai Pepper Salad

 Gluten Free  Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp bull's-eye original barbecue sauce
- 0.8 lb beef sirloin steak boneless cut into thin slices
- 2 carrots cut into strips
- 3 cups rice long-grain white cooked
- 0.3 cup miracle whip dressing
- 1 small bell pepper red cut into strips
- 2 Tbsp soya sauce

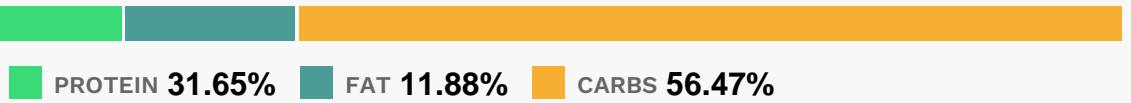
Equipment

bowl

Directions

- Combine first 4 ingredients in large bowl.
- Mix dressing, soy sauce and barbecue sauce until blended.
- Add to meat mixture; toss to coat.
- Serve immediately. Or, cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:10.14, Glycemic Load:7.43, Inflammation Score:-6, Nutrition Score:4.1413043815157%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 61.09kcal (3.05%), Fat: 0.79g (1.21%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 8g (2.91%), Sugar: 1.1g (1.22%), Cholesterol: 10.32mg (3.44%), Sodium: 148.54mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin A: 1139.02IU (22.78%), Selenium: 7.05µg (10.07%), Vitamin B6: 0.15mg (7.61%), Vitamin B3: 1.37mg (6.84%), Manganese: 0.14mg (6.83%), Vitamin C: 5.1mg (6.18%), Zinc: 0.83mg (5.53%), Phosphorus: 51.85mg (5.18%), Potassium: 103.7mg (2.96%), Vitamin B12: 0.16µg (2.66%), Vitamin B5: 0.24mg (2.4%), Iron: 0.41mg (2.26%), Magnesium: 8.76mg (2.19%), Vitamin B2: 0.03mg (1.96%), Copper: 0.04mg (1.79%), Fiber: 0.43g (1.7%), Vitamin B1: 0.02mg (1.65%), Folate: 6.12µg (1.53%), Vitamin K: 1.19µg (1.13%), Vitamin E: 0.16mg (1.08%)