



Thai Steak Salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 0.5 cup julienne-cut carrot
- ☐ 1 teaspoons chile paste with garlic
- ☐ 2 tablespoons dry-roasted peanuts unsalted finely chopped
- ☐ 1.5 pound flank steak trimmed
- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 0.5 cup cilantro leaves fresh loosely packed
- ☐ 1 tablespoon ginger fresh grated peeled

- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 0.3 cup juice of lime fresh (3 limes)
- ☐ 1 tablespoon cracked pepper black
- ☐ 1 cup cabbage red thinly sliced
- ☐ 1 tablespoon thai fish sauce
- ☐ 3 cups watercress trimmed (2 bunches)

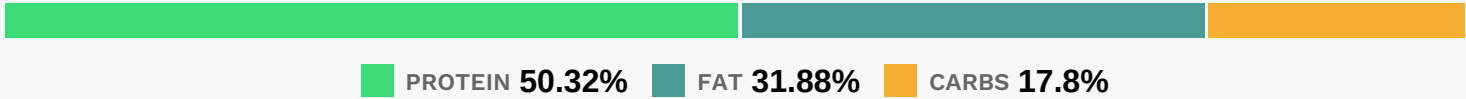
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ To prepare dressing, combine first 5 ingredients in a bowl; stir well with a whisk.
- ☐ To prepare steak, heat a large nonstick skillet or grill pan coated with cooking spray over medium-high heat. Rub both sides of steak with pepper.
- ☐ Add steak to pan; cook 6 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan; place on a cutting board. Cover loosely with foil; let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Place steak in a bowl.
- ☐ Drizzle with half of dressing, and toss well.
- ☐ To prepare salad, combine watercress and next 5 ingredients (watercress through carrot) in a large bowl.
- ☐ Drizzle with remaining dressing, and toss well. Divide salad evenly among 6 plates; arrange steak evenly over salad.
- ☐ Sprinkle each serving with 1 teaspoon peanuts.

Nutrition Facts



Properties

Glycemic Index:43.31, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:22.181739040043%

Flavonoids

Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 2.61mg, Eriodictyol: 2.61mg, Eriodictyol: 2.61mg, Eriodictyol: 2.61mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 212.09kcal (10.6%), Fat: 7.53g (11.58%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 7.43g (2.7%), Sugar: 4.48g (4.98%), Cholesterol: 68.04mg (22.68%), Sodium: 333.09mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.46%), Vitamin K: 73.4µg (69.9%), Vitamin A: 3123.77IU (62.48%), Selenium: 34.37µg (49.1%), Vitamin B3: 8.06mg (40.32%), Vitamin B6: 0.8mg (40.22%), Zinc: 4.64mg (30.96%), Vitamin C: 24.1mg (29.21%), Phosphorus: 273.32mg (27.33%), Manganese: 0.47mg (23.25%), Potassium: 649.83mg (18.57%), Vitamin B12: 1.05µg (17.44%), Iron: 2.71mg (15.03%), Magnesium: 55.58mg (13.9%), Vitamin B2: 0.2mg (11.87%), Folate: 40.55µg (10.14%), Copper: 0.19mg (9.59%), Vitamin B5: 0.95mg (9.46%), Calcium: 94.39mg (9.44%), Vitamin B1: 0.14mg (9.22%), Fiber: 2.03g (8.11%), Vitamin E: 0.7mg (4.64%)