



Thai Steak Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup julienne-cut carrots
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon fish sauce
- ☐ 1.5 pound flank steak trimmed
- ☐ 0.3 cup basil leaves fresh
- ☐ 1.3 cups bean sprouts fresh
- ☐ 0.3 cup cilantro leaves fresh

- ☐ 0.3 cup mint leaves fresh
- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 1.5 cups cabbage red thinly sliced
- ☐ 1 teaspoon sriracha such as huy fong) hot

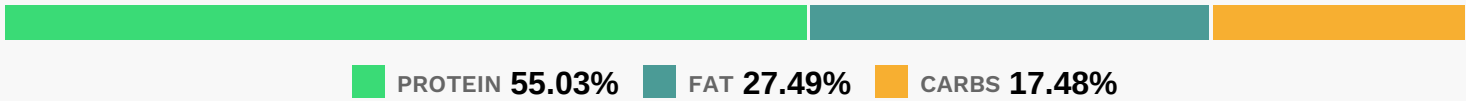
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Heat a large grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle steak evenly with pepper and salt.
- ☐ Add steak to pan; cook 6 minutes each side or until desired degree of doneness.
- ☐ Remove steak from pan; let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Combine juice and next 5 ingredients (through Sriracha) in a small bowl; stir with a whisk.
- ☐ Combine cabbage and remaining ingredients in a medium bowl.
- ☐ Add 6 tablespoons juice mixture to cabbage mixture; toss well. Toss steak in remaining 2 tablespoons juice mixture.
- ☐ Add steak to cabbage mixture; toss to combine.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:18.694782650989%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 192.81kcal (9.64%), Fat: 5.84g (8.98%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 6.64g (2.42%), Sugar: 4.79g (5.32%), Cholesterol: 68.04mg (22.68%), Sodium: 624.11mg (27.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.6%), Vitamin A: 2703.26IU (54.07%), Selenium: 34.36µg (49.08%), Vitamin B6: 0.81mg (40.7%), Vitamin B3: 7.63mg (38.14%), Zinc: 4.62mg (30.82%), Phosphorus: 267.34mg (26.73%), Vitamin K: 27.17µg (25.88%), Vitamin C: 21.08mg (25.56%), Vitamin B12: 1.05µg (17.44%), Potassium: 582.82mg (16.65%), Iron: 2.6mg (14.47%), Manganese: 0.25mg (12.56%), Vitamin B2: 0.21mg (12.09%), Magnesium: 48.23mg (12.06%), Folate: 45.59µg (11.4%), Vitamin B5: 0.95mg (9.55%), Vitamin B1: 0.13mg (8.63%), Copper: 0.17mg (8.33%), Fiber: 1.71g (6.84%), Calcium: 59.42mg (5.94%), Vitamin E: 0.46mg (3.04%)