



Vietnamese Beef Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds flank steak
- 0.5 teaspoon kosher salt
- 2 teaspoons brown sugar light
- 0.3 cup juice of lime fresh
- 0.5 cup soya sauce low-sodium
- 1 papaya peeled seeded roughly chopped
- 2 tablespoons vegetable oil; peanut oil preferred
- 2 radishes trimmed thinly sliced

- 4 ounces rice noodles thin
- 2 teaspoons sesame oil

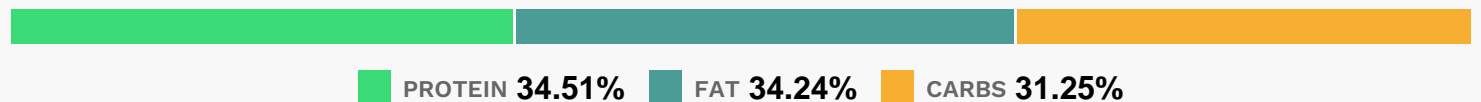
Equipment

- bowl
- whisk
- grill
- ziploc bags
- grill pan
- cutting board

Directions

- Place the steak and soy sauce in a large resealable plastic bag. Refrigerate for 2 to 8 hours.
- Heat grill to medium or place a grill pan over medium heat. Cook the steak to the desired doneness, about 5 minutes per side for medium-rare.
- Transfer to a cutting board to rest for 10 minutes. Meanwhile, prepare the noodles according to the package directions. Rinse the noodles under cold water and drain. In a small bowl, whisk together the ginger (if using), lime juice, brown sugar, salt, and sesame and peanut oils. Thinly slice the steak across the grain. Divide the steak and noodles among individual plates. Top with the radishes and papaya, drizzle with the dressing, and sprinkle with the cilantro (if using).Tip: Look for a papaya that has a smooth, dark green skin with a touch of yellow. It should give slightly when squeezed. If you can find only firm papaya, place the fruit in a paper bag and leave it on a counter for a couple of days.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:17.5, Inflammation Score:-7, Nutrition Score:24.720869478972%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 478.34kcal (23.92%), Fat: 17.97g (27.65%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 34.83g (12.67%), Sugar: 8.34g (9.26%), Cholesterol: 102.06mg (34.02%), Sodium: 1587.66mg (69.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.75g (81.5%), Selenium: 55.13µg (78.75%), Vitamin C: 51.12mg (61.96%), Vitamin B3: 11.32mg (56.59%), Vitamin B6: 1.12mg (56.06%), Zinc: 7.06mg (47.05%), Phosphorus: 450.08mg (45.01%), Vitamin B12: 1.55µg (25.8%), Potassium: 864.13mg (24.69%), Magnesium: 80.37mg (20.09%), Iron: 3.48mg (19.32%), Vitamin B2: 0.3mg (17.68%), Folate: 67.14µg (16.79%), Manganese: 0.33mg (16.58%), Vitamin A: 729.7IU (14.59%), Vitamin B5: 1.36mg (13.58%), Vitamin E: 2.01mg (13.41%), Vitamin B1: 0.17mg (11.03%), Copper: 0.2mg (10.12%), Fiber: 2.06g (8.24%), Calcium: 70.04mg (7%), Vitamin K: 4.45µg (4.24%)