



## Yam Nuea Yang (Spicy Beef Salad)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon fish sauce
- 1 pound flank steak trimmed
- 0.3 cup cilantro leaves fresh chopped
- 3 tablespoons juice of lime fresh
- 2 teaspoons serrano chiles red sliced
- 0.3 cup shallots sliced
- 2 medium tomatoes cut into 1/4-inch-thick wedges ( 3/4 pound)

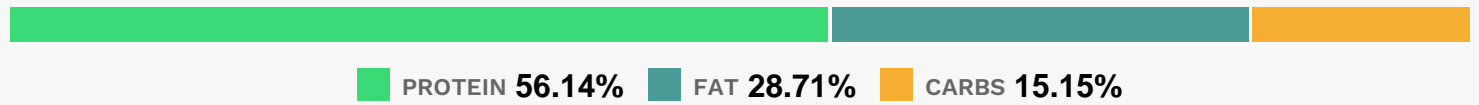
### Equipment

- grill
- broiler
- broiler pan

## Directions

- Prepare grill or broiler.
- Place steak on a grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness.
- Cut the steak diagonally across grain into thin slices; cut each slice into 2-inch pieces.
- Combine the steak, shallots, and remaining ingredients, and toss gently.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:15.065217391304%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 185.56kcal (9.28%), Fat: 5.83g (8.97%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 5.44g (1.98%), Sugar: 3.57g (3.97%), Cholesterol: 68.04mg (22.68%), Sodium: 419.58mg (18.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Selenium: 34.12µg (48.75%), Vitamin B6: 0.83mg (41.6%), Vitamin B3: 7.61mg (38.06%), Zinc: 4.55mg (30.35%), Phosphorus: 258.42mg (25.84%), Potassium: 632.68mg (18.08%), Vitamin B12: 1.05µg (17.56%), Vitamin C: 14.12mg (17.11%), Iron: 2.22mg (12.34%), Vitamin A: 596.1IU (11.92%), Magnesium: 45.11mg (11.28%), Vitamin K: 9.66µg (9.2%), Vitamin B2: 0.15mg (8.98%), Folate: 34.94µg (8.74%), Vitamin B5: 0.85mg (8.53%), Vitamin B1: 0.12mg (8.05%), Manganese: 0.16mg (7.94%), Copper: 0.15mg (7.26%), Fiber: 1.48g (5.92%), Vitamin E: 0.73mg (4.84%), Calcium: 41.55mg (4.15%)