



# Thai Beef Salad

**Number of Servings:** 2  
**Calories Per Serving:** 357  
**PCF Ratio:** 49-13-39

Single Serving Comment: 1/2 of recipe

## Cooking Instructions

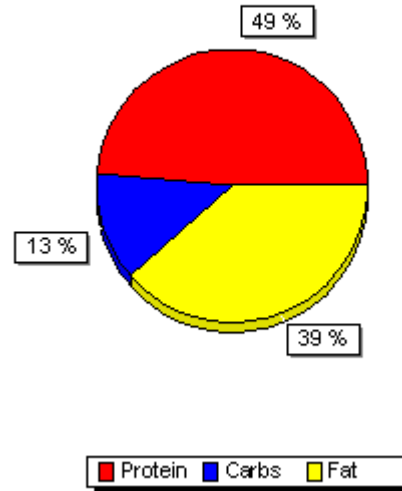
Ingredients:

- 400g Rump Steak
  - 1 Red deseeded, Chilli Pepper
  - 2 tsp Ground Black Pepper
  - 1 tsp Salt
  - 1 tbsp raw, Lemon Grass
  - 8 leafs Iceberg Lettuce
  - 8 raw Coriander plants
  - 8 fresh Peppermint leaves
  - 5 leaves Fresh Basil
  - 1 medium, raw, Red Onion
- (serves 2)

Pat excess liquid off beef. Mix together chili, salt and lemon grass and rub onto outside of beef and leave for several hours (up to four or overnight preferably) Then roast grill or fry beef until brown on outside, but quite rare in the center. Cover and leave until completely cool, then slice into wafer thin slices. Put lettuce on a platter scatter with coriander, basil and mint, cover with beef and onion.

Mix together Thai beef salad dressing ingredients and serve with salad

49-13-39 Ratio



## Nutrition Information

Serving Size: 1/2 of recipe (355g)  
 Servings: 1

Amount Per Serving

**Calories** 360    **Calories from Fat** 140

% Daily Value\*

**Total Fat** 15g    **23%**

Saturated Fat 6g    **32%**

**Cholesterol** 100mg    **33%**

**Sodium** 1,320mg    **55%**

**Total Carbohydrate** 11g    **4%**

Dietary Fiber 3g    **12%**

Sugars 6 g

**Protein** 43 g

Vitamin A 70%    ■ Vitamin C 100%

Calcium 6%    ■ Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet

**Thai Beef Salad (continued)**

**Recipe Ingredients:**

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
BEEF, RUMP		400	400	616	81.2						
CHILI PEPPER, RED, RAW(Whole,deseeded)	hot chili	1 pepper	45	18	.9	4.3	2.4				
PEPPER, BLACK, GROUND		2 tsp	4	10.7	.5	2.7					
SALT, TABLE(tsp)		1 tsp	6								
LEMON GRASS, RAW	citronella	1 tbsp	5	4.8	.1	1.2					
ICEBERG LETTUCE, RAW	include crisphead types, large	8 leafs	120	16.8	1.1	3.6	2.1	1.1	1.2		.1
CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)		8 plants	18	4.1	.4	.7	.0				
PEPPERMINT LEAF, FRESH(leaf)		8 leaves	0	.3		.1					
BASIL, FRESH(leaf)	Shredded	5 leaves	3	.7	.1	.1					
ONION, RAW RED	cut into wafer thin slices	1 medium	110	41.8	1.3	9.5	6.8				
Recipe Total:			711	713.1	85.5	22.1	11.3	1.1	1.2		.1
Single Serving Total:			355	356.6	42.7	11	5.7	.5	.6		.0

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
BEEF, RUMP				29.8	12.8	.3	.9	200				.4	.6	18.9
CHILI PEPPER, RED, RAW(Whole,deseeded)			.7	.1	.0		.0			4837.5		.0	.0	.4
PEPPER, BLACK, GROUND			1.1	.1	.0		.0			8			.0	.0
SALT, TABLE(tsp)														
LEMON GRASS, RAW				.0	.0					.5				.1
ICEBERG LETTUCE, RAW			1.4	.2	.0	.1	.0			30	602.4	.0	.0	.1
CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)			.5	.1						1199.6		.0	.0	.2
PEPPERMINT LEAF, FRESH(leaf)			.0							17				
BASIL, FRESH(leaf)			.1	.0						96.6				.0
ONION, RAW RED			2	.2	.0		.1					.0	.0	.2

**Thai Beef Salad (continued)**

Recipe Total:			5.9	30.5	13	.4	1.1	200		30	6761.6	.6	.7	19.9
Single Serving Total:			2.9	15.2	6.5	.2	.5	100		15	3380.8	.3	.4	10

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-A (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
BEEF, RUMP	1.3	1.7	28	28		28	12.2					.8	20	84
CHILI PEPPER, RED, RAW(Whole,deseeded)	.0	.1	10.4	10.4		10.4			109.1			.5	8.1	11.3
PEPPER, BLACK, GROUND		.0	.4	.4		.4			.9			.1	18.4	8.1
SALT, TABLE(tsp)													1.4	.1
LEMON GRASS, RAW			3.6	3.6		3.6			.1				3.1	2.9
ICEBERG LETTUCE, RAW	.1	.0	34.8	34.8		34.8			3.4		.2		21.6	8.4
CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)	.1	.0	11	11		11			4.8			.7	11.9	4.6
PEPPERMINT LEAF, FRESH(leaf)			.5	.5		.5			.1				1	.3
BASIL, FRESH(leaf)			1.6	1.6		1.6			.4			.0	3.8	2
ONION, RAW RED	.1	.1	20.9	20.9		20.9			7		.3	.2	22	11
Recipe Total:	1.7	2.1	111.1	111.1		111.1	12.2		125.9		.6	2.2	111.3	132.7
Single Serving Total:	.8	1	55.6	55.6		55.6	6.1		63		.3	1.1	55.7	66.4

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
BEEF, RUMP	788	1460	292			.3			8.1	.1		72.8	14.4
CHILI PEPPER, RED, RAW(Whole,deseeded)	20.7	153	3.2			.1			.5	.1		.2	.1
PEPPER, BLACK, GROUND	7.3	52.9	1.8			.0			1.2	.2		.1	.1
SALT, TABLE(tsp)		.5	2325.5						.0				
LEMON GRASS, RAW	4.8	34.7	.3			.0			.4	.3		.0	.1
ICEBERG LETTUCE, RAW	24	169.2	12			.0			.5	.2		.1	.2
CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)	8.5	92.6	8.2			.0			.3	.1		.2	.1
PEPPERMINT LEAF, FRESH(leaf)	.3	2.3	.1						.0				

**Thai Beef Salad (continued)**

BASIL, FRESH(leaf)	1.7	11.6	.1						.1	.0			.0	
ONION, RAW RED	36.3	172.7	3.3				.1		.2	.2		.7	.2	
Recipe Total:	<b>891.7</b>	<b>2149.4</b>	<b>2646.5</b>				<b>.6</b>		<b>11.4</b>	<b>1.1</b>		<b>74.1</b>	<b>15.2</b>	
Single Serving Total:	<b>445.8</b>	<b>1074.7</b>	<b>1323.2</b>				<b>.3</b>		<b>5.7</b>	<b>.5</b>		<b>37.1</b>	<b>7.6</b>	