

## NAC - Grilled Beef Salad (Yum-nua-yang)

Number of Servings: 4.0

Bulk recipe for 4 servings; analysis for 1 serving.

<i>Item Name</i>	<i>Quantity</i>	<i>Measure</i>
Beef, flank steak, lean, trimmed, raw weight	1	Pound
Onion, fresh, whole; slice thinly lengthwise	1	Each
Grape tomatoes; cut in half	1	Cup
Cucumber, fresh, whole; sliced crosswise	1	Each
Cilantro, chopped	1/2	Cup
Green onion, chopped	1/2	Cup
Mint leaves, chopped	1/2	Cup
Fish sauce	3	Tablespoon
Lime juice, fresh	3	Tablespoon
Sugar, white, granulated	1/2	Tablespoon
Crushed red pepper flakes	2	Tablespoon

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### Nutrients

Calories	230 kcal	Cholesterol	45 mg	Fiber	3 g
Total Fat	9 g	Sodium	1100 mg	Sugars	6 g
Saturated Fat	3.5 g	Carbohydrate	13 g	Protein	26 g
Trans Fat	0 g	<i>1.25 cups fruits/vegetables</i>			

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### **Directions:**

Grill or boil the steak until cooked to desired doneness. Remove from grill and allow meat to rest for a minimum of 5 minutes before slicing thinly. Combine the sliced steak with the remaining ingredients.

### **Healthy Dining**

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