



Asian Barbecue Flank Steak

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup asian barbecue sauce
- 1 pound flank steak trimmed
- 0.3 cup green onions sliced

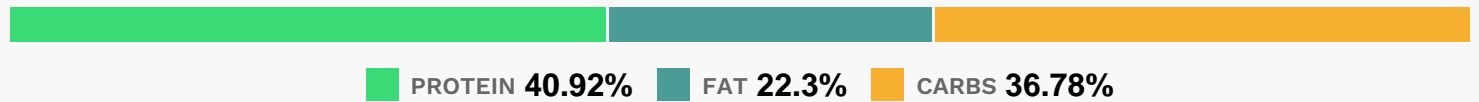
Equipment

- sauce pan
- grill
- kitchen thermometer
- ziploc bags

Directions

- Place flank steak in a heavy-duty zip-top plastic bag; pour barbecue sauce over meat, turning to coat. Cover and marinate at least 30 minutes.
- Remove meat from marinade.
- Place marinade in a small saucepan; bring to a boil, and cook 1 minute.
- Remove from heat, and set aside.
- Prepare grill.
- Place meat on grill rack coated with cooking spray; cover and grill 6 to 8 minutes on each side or until a thermometer registers 145 (medium-rare).
- Transfer to a serving platter; let stand 2 to 5 minutes.
- Cut diagonally across grain into thin slices.
- Sprinkle with green onions.
- Serve with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:13.112173826798%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 249.59kcal (12.48%), Fat: 6.02g (9.26%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 21.69g (7.89%), Sugar: 17.95g (19.94%), Cholesterol: 68.04mg (22.68%), Sodium: 613.44mg (26.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.71%), Selenium: 34.19µg (48.84%), Vitamin B3: 7.41mg (37.07%), Vitamin B6: 0.73mg (36.5%), Zinc: 4.46mg (29.72%), Phosphorus: 242.1mg (24.21%), Vitamin B12: 1.03µg (17.2%), Potassium: 528.35mg (15.1%), Vitamin K: 15.26µg (14.54%), Iron: 2.18mg (12.12%), Vitamin B2: 0.17mg (9.73%), Magnesium: 33.17mg (8.29%), Vitamin B5: 0.81mg (8.07%), Vitamin B1: 0.1mg (6.49%), Copper: 0.13mg (6.33%), Vitamin E: 0.79mg (5.28%), Folate: 19.81µg (4.95%), Calcium: 46.01mg (4.6%), Manganese: 0.09mg (4.5%), Vitamin A: 182.43IU (3.65%), Fiber: 0.65g (2.58%), Vitamin C: 1.5mg (1.81%)