



Asian Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 teaspoon bottled ginger minced (such as Spice World)
- ☐ 2 tablespoons brown sugar
- ☐ 1 pound flank steak trimmed
- ☐ 0.3 cup green onions chopped
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1 teaspoon sesame oil toasted

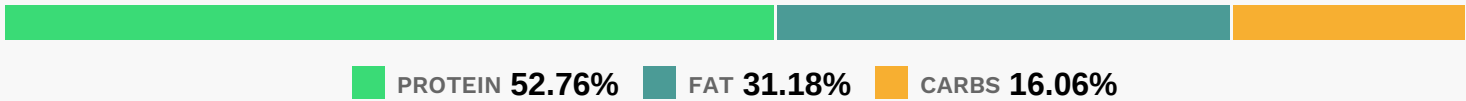
Equipment

- ☐ bowl
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 7 ingredients in a small bowl, stirring with a whisk.
- ☐ Place steak on a broiler rack coated with cooking spray.
- ☐ Pour soy mixture over steak.
- ☐ Broil steak 3 inches from heat 5 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes; thinly slice across grain.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:13.024782667989%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 200.8kcal (10.04%), Fat: 6.74g (10.37%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 7.46g (2.71%), Sugar: 6.11g (6.79%), Cholesterol: 68.04mg (22.68%), Sodium: 495.65mg (21.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Selenium: 33.86µg (48.37%), Vitamin B6: 0.73mg (36.52%), Vitamin B3: 7.27mg (36.33%), Zinc: 4.49mg (29.95%), Phosphorus: 254.96mg (25.5%), Vitamin K: 18.77µg (17.88%), Vitamin B12: 1.03µg (17.2%), Potassium: 470.27mg (13.44%), Iron: 2.11mg (11.7%), Vitamin B2: 0.17mg (9.86%), Magnesium: 36.36mg (9.09%), Vitamin B5: 0.78mg (7.77%), Folate: 25.59µg (6.4%), Vitamin B1: 0.09mg (6.26%), Manganese: 0.11mg (5.43%), Copper: 0.11mg (5.27%), Calcium: 41.34mg (4.13%), Vitamin E: 0.44mg (2.95%), Vitamin C: 2.02mg (2.45%), Vitamin A: 83.2IU (1.66%), Fiber: 0.35g (1.41%)