

# Asian Flank Steak

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon cornstarch
- 1.3 pound flank steak
- 1.5 teaspoons ginger fresh grated
- 1 clove garlic pressed
- 2 tablespoons green onions minced
- 3 tablespoons honey
- 0.3 cup orange juice
- 3 tablespoons rice wine vinegar

- 3 tablespoons soya sauce
- 0.3 cup vegetable oil
- 3 tablespoons water

## Equipment

- sauce pan
- grill
- ziploc bags

## Directions

- SCORE steak diagonally across grain at 3/4-inch intervals.
- COMBINE oil and next 7 ingredients in a shallow dish or heavy-duty zip-top plastic bag; add steak. Cover or seal, and chill 8 hours, turning occasionally.
- REMOVE steak from marinade, reserving marinade.
- GRILL steak, covered with grill lid, over high heat (400 to 500 degrees) about 6 minutes on each side or until desired degree of doneness.
- BRING reserved marinade to a boil in a saucepan, and boil at least 1 minute or until reduced by one-third.
- STIR together cornstarch and 3 tablespoons water until smooth.
- Add to marinade; bring to a boil over medium heat, stirring constantly. Boil, stirring constantly, 1 minute; remove from heat. Spoon over steak.

## Nutrition Facts



## Properties

Glycemic Index:41.05, Glycemic Load:5.21, Inflammation Score:-2, Nutrition Score:11.377391320208%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## **Nutrients (% of daily need)**

Calories: 255.59kcal (12.78%), Fat: 13.85g (21.3%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 10.6g (3.85%), Sugar: 9.7g (10.78%), Cholesterol: 56.7mg (18.9%), Sodium: 554.37mg (24.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.76%), Selenium: 28.17µg (40.25%), Vitamin B3: 6.31mg (31.56%), Vitamin B6: 0.6mg (30.23%), Zinc: 3.7mg (24.69%), Vitamin K: 22µg (20.95%), Phosphorus: 206.78mg (20.68%), Vitamin B12: 0.86µg (14.33%), Potassium: 377.21mg (10.78%), Iron: 1.78mg (9.89%), Vitamin B2: 0.13mg (7.75%), Vitamin C: 5.78mg (7%), Vitamin E: 1.03mg (6.89%), Magnesium: 26.64mg (6.66%), Vitamin B5: 0.66mg (6.61%), Vitamin B1: 0.08mg (5.66%), Copper: 0.1mg (4.78%), Folate: 18.56µg (4.64%), Manganese: 0.08mg (4.12%), Calcium: 26.54mg (2.65%)