



Asian Flank Steak



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cherry tomatoes halved
- ☐ 1.5 pound flank steak lean
- ☐ 0.3 cup mint leaves fresh minced
- ☐ 3 garlic cloves minced
- ☐ 2 tablespoons gingerroot minced peeled
- ☐ 1.5 pounds green beans trimmed
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh

☐ 0.3 cup soya sauce low-sodium

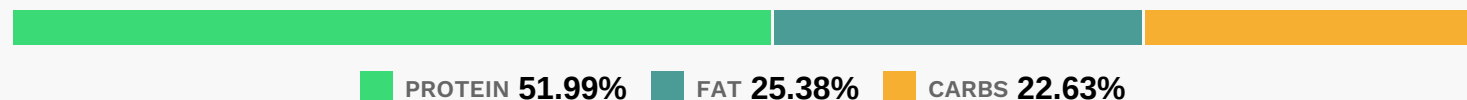
Equipment

- ☐ bowl
- ☐ sieve
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ microwave
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Trim fat from steak.
- ☐ Combine steak and next 6 ingredients (steak through garlic) in a large heavy-duty zip-top plastic bag. Seal bag, and marinate in refrigerator 8-12 hours, turning bag occasionally.
- ☐ Remove steak from bag, reserving marinade.
- ☐ Prepare grill or broiler.
- ☐ Place steak on grill rack or broiler pan coated with cooking spray, and cook 8 minutes on each side or until desired degree of doneness.
- ☐ Cut steak diagonally across the grain into thin slices; thread steak slices on skewers, if desired. Set aside, and keep warm.
- ☐ Pour reserved marinade through a sieve into a large microwave-safe bowl. Microwave at high 1 minute or until marinade boils. Steam green beans, covered, 3 minutes or until crisp-tender.
- ☐ Add green beans and tomatoes to hot marinade; toss gently to coat.
- ☐ Serve with steak.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:2.48, Inflammation Score:-8, Nutrition Score:21.769999991873%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 211.26kcal (10.56%), Fat: 6.05g (9.31%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 8.41g (3.06%), Sugar: 4.86g (5.4%), Cholesterol: 68.04mg (22.68%), Sodium: 453.7mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.88g (55.77%), Selenium: 34.57µg (49.39%), Vitamin K: 51.85µg (49.38%), Vitamin B6: 0.93mg (46.67%), Vitamin B3: 8.29mg (41.45%), Vitamin C: 30.64mg (37.14%), Zinc: 4.8mg (31.99%), Phosphorus: 304.39mg (30.44%), Potassium: 771.99mg (22.06%), Vitamin A: 1044.29IU (20.89%), Manganese: 0.39mg (19.41%), Iron: 3.39mg (18.81%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.29mg (17.19%), Magnesium: 67.57mg (16.89%), Folate: 65.2µg (16.3%), Fiber: 3.73g (14.93%), Vitamin B1: 0.2mg (13.22%), Vitamin B5: 1.09mg (10.88%), Copper: 0.21mg (10.34%), Calcium: 81.82mg (8.18%), Vitamin E: 1.19mg (7.95%)