




 **93%**
HEALTH SCORE

Asian Flank Steak with Asparagus and Wild-Rice Pilaf


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




45 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 asparagus spears
- 0.5 teaspoon pepper black
- 0.5 cup celery finely chopped
- 2 cups rice wild cooked
- 2 teaspoons sesame oil dark
- 0.3 cup cooking sherry dry
- 1 garlic clove minced

- 0.7 cup green onions chopped
- 0.1 teaspoon ground pepper red
- 0.3 cup soya sauce low-sodium
- 4 cups pkt spinach sliced
- 1 pound boned top round steak

Equipment

- aluminum foil
- ziploc bags
- grill pan

Directions

- Snap off tough ends of asparagus. Cook asparagus in boiling water for 2 minutes or until crisp-tender.
- Drain well, and chill.
- Combine soy sauce and next 4 ingredients (soy sauce through garlic), reserving 1/3 cup soy sauce mixture. Set aside.
- Place remaining soy sauce mixture, asparagus, and steak in a zip-top plastic bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
- Remove asparagus and steak from bag, and discard marinade.
- Place a grill pan over medium-high heat until hot.
- Add asparagus and steak, and cook steak 3 minutes on each side or until desired degree of doneness, turning asparagus as needed.
- Place steak on a platter, and cover with foil.
- Let stand for 5 minutes.
- Cut steak diagonally across grain into thin slices.
- Combine 1/3 cup reserved soy sauce mixture, spinach, rice, celery, oil, and onions; toss to coat. Divide asparagus, steak, and wild-rice pilaf evenly among 4 plates.

Nutrition Facts



■ PROTEIN 46.6% ■ FAT 19.74% ■ CARBS 33.66%

Properties

Glycemic Index:59.25, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:32.604782643525%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg

Nutrients (% of daily need)

Calories: 299.94kcal (15%), Fat: 6.43g (9.9%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 20.33g (7.39%), Sugar: 2.75g (3.06%), Cholesterol: 69.17mg (23.06%), Sodium: 878.73mg (38.21%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 34.17g (68.35%), Vitamin K: 212.3µg (202.19%), Vitamin A: 3549.69IU (70.99%), Selenium: 39µg (55.71%), Vitamin B6: 1.07mg (53.5%), Vitamin B3: 10.1mg (50.5%), Zinc: 7.07mg (47.11%), Phosphorus: 418.13mg (41.81%), Manganese: 0.81mg (40.52%), Folate: 153.52µg (38.38%), Iron: 5.55mg (30.83%), Potassium: 974.34mg (27.84%), Magnesium: 108.84mg (27.21%), Vitamin B2: 0.46mg (27.09%), Vitamin B12: 1.53µg (25.51%), Copper: 0.42mg (20.78%), Vitamin B1: 0.29mg (19.22%), Vitamin C: 15.82mg (19.18%), Fiber: 4.36g (17.44%), Vitamin E: 2.12mg (14.14%), Vitamin B5: 1.22mg (12.17%), Calcium: 99.8mg (9.98%)