



Asian Grilled Flank Steak

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

READY IN



150 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup bull's-eye original barbecue sauce
- 1 lb beef flank steak
- 1 clove garlic minced
- 2 green onions thinly sliced
- 0.3 tsp ground ginger
- 2 Tbsp sesame seed
- 0.3 cup lite soy sauce

Equipment

grill

Directions

- Score steak on both sides with shallow cross-cuts; place in shallow dish.
- Mix remaining ingredients; pour over steak. Turn to evenly coat both sides of steak. Refrigerate 2 hours to marinate.
- Heat grill to medium-high heat.
- Remove steak from marinade, discard marinade. Grill steak 8 to 10 min. on each side or until done.
- Let stand 5 min. before cutting across the grain into thin slices.

Nutrition Facts

 **PROTEIN 38.7%**  **FAT 26.47%**  **CARBS 34.83%**

Properties

Glycemic Index:28, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:16.040434764779%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 285.49kcal (14.27%), Fat: 8.28g (12.73%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 23.19g (8.43%), Sugar: 18.21g (20.24%), Cholesterol: 68.04mg (22.68%), Sodium: 1424.02mg (61.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.46%), Selenium: 36.02µg (51.46%), Vitamin B3: 8.21mg (41.03%), Vitamin B6: 0.8mg (40.22%), Zinc: 4.88mg (32.54%), Phosphorus: 290.5mg (29.05%), Iron: 3.21mg (17.85%), Vitamin B12: 1.03µg (17.2%), Potassium: 583.95mg (16.68%), Copper: 0.33mg (16.62%), Manganese: 0.32mg (16.13%), Vitamin K: 14.76µg (14.06%), Magnesium: 55.14mg (13.79%), Vitamin B2: 0.2mg (11.73%), Vitamin B1: 0.14mg (9.53%), Calcium: 94.09mg (9.41%), Vitamin B5: 0.87mg (8.69%), Folate: 26.67µg (6.67%), Vitamin E: 0.8mg (5.35%), Fiber: 1.32g (5.27%), Vitamin A: 180.45IU (3.61%), Vitamin C: 1.68mg (2.04%)