



Asian Grilled Steaks With Spicy Herb Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 beef strip steaks 1-inch-thick
- ☐ 0.7 cup crisco oil
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 6 servings spicy herb sauce
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt divided
- ☐ 1 tablespoon sesame oil

- ☐ 3 tablespoons cooking sherry
- ☐ 3 tablespoons sugar

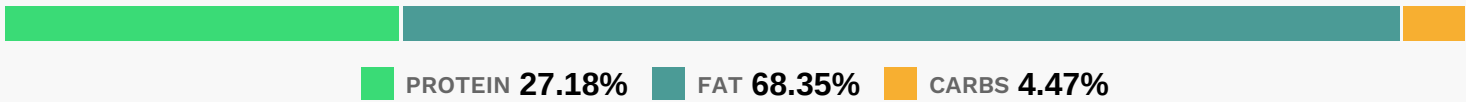
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together first 6 ingredients and 1/4 teaspoon salt in a large shallow dish; add steaks, turning to coat. Cover and chill 1 hour, turning once.
- ☐ Remove steaks from marinade, discarding marinade.
- ☐ Sprinkle steaks evenly with remaining 1/4 teaspoon salt and 1/2 teaspoon black pepper.
- ☐ Grill steaks, covered with grill lid, over medium-high heat (350 to 400 degrees F)
- ☐ to 5 minutes on each side or to desired degree of doneness.
- ☐ Serve grilled steaks with Spicy Herb Sauce.

Nutrition Facts



Properties

Glycemic Index:24.52, Glycemic Load:4.38, Inflammation Score:-2, Nutrition Score:19.842174097248%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 661.43kcal (33.07%), Fat: 49.11g (75.56%), Saturated Fat: 17.55g (109.68%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 7.03g (2.56%), Sugar: 6.33g (7.03%), Cholesterol: 194.36mg (64.79%), Sodium: 324.98mg (14.13%), Alcohol: 0.77g (100%), Alcohol %: 0.36% (100%), Protein: 43.95g (87.9%), Selenium: 51.41µg (73.44%), Vitamin B6: 1.24mg (61.95%), Vitamin B3: 11.76mg (58.78%), Zinc: 7.55mg (50.31%), Phosphorus: 416.23mg (41.62%),

Vitamin B12: 2.08µg (34.65%), Potassium: 698.22mg (19.95%), Iron: 3.33mg (18.52%), Vitamin B2: 0.24mg (14.39%),
Vitamin E: 1.96mg (13.07%), Vitamin B5: 1.26mg (12.58%), Magnesium: 47.11mg (11.78%), Vitamin B1: 0.16mg (10.69%),
Copper: 0.16mg (8.23%), Vitamin K: 8.16µg (7.77%), Folate: 22.84µg (5.71%), Calcium: 55.13mg (5.51%), Manganese:
0.08mg (4.09%), Vitamin A: 99.88IU (2%)