



Asian-Marinated Flank Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 pound flank steak trimmed
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 teaspoon nutmeg freshly grated

- ☐ 2 tablespoons rice vinegar
- ☐ 2 tablespoons water

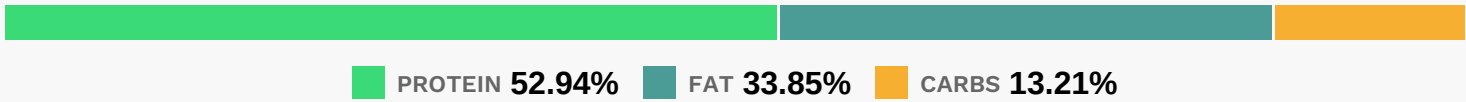
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine first 9 ingredients in a small bowl. Reserve 1/4 cup hoisin mixture; spoon remaining mixture into a large zip-top plastic bag.
- ☐ Add steak to bag; seal and marinate in refrigerator 24 hours, turning bag occasionally.
- ☐ Remove steak from bag; discard marinade.
- ☐ Prepare grill or grill pan to medium-high heat.
- ☐ Place steak on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across the grain into thin slices.
- ☐ Serve with reserved 1/4 cup sauce.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:11.839130559693%

Flavonoids

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: 198.18kcal (9.91%), Fat: 7.16g (11.01%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.82g (2.12%), Sugar: 3.37g (3.75%), Cholesterol: 68.4mg (22.8%), Sodium: 400.47mg (17.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.38%), Selenium: 33.96µg (48.52%), Vitamin B3: 7.27mg (36.37%), Vitamin B6: 0.72mg (36.08%), Zinc: 4.44mg (29.61%), Phosphorus: 243.67mg (24.37%), Vitamin B12: 1.03µg (17.2%), Potassium: 427.03mg (12.2%), Iron: 1.97mg (10.94%), Vitamin B2: 0.17mg (9.92%), Magnesium: 31.87mg (7.97%), Vitamin B5: 0.75mg (7.47%), Vitamin B1: 0.09mg (5.84%), Copper: 0.11mg (5.52%), Folate: 19.53µg (4.88%), Manganese: 0.1mg (4.82%), Calcium: 32.87mg (3.29%), Vitamin E: 0.42mg (2.8%), Fiber: 0.46g (1.85%), Vitamin K: 1.65µg (1.57%)