



Asian Marinated Skirt Steak

 Dairy Free

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READY IN

ready

60 min.

SERVINGS

servings

8

CALORIES

calories

212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bottle japanese beer such as sapporo
- ☐ 2 flank steaks (4 pounds total)
- ☐ 3 cloves garlic smashed
- ☐ 0.3 cup hoisin
- ☐ 0.3 cup mirin sweet (Japanese wine)
- ☐ 1 onion coarsely chopped
- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon sesame oil

- ☐ 8 servings sesame seed toasted for garnish
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon sriracha hot sauce
- ☐ 0.3 cup worcestershire sauce

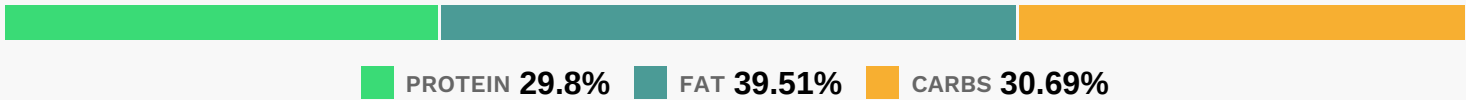
Equipment

- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Whisk together the beer, orange juice, hoisin, mirin, soy, Worcestershire, Sriracha and sesame oil. Stir in the garlic and onions.
- ☐ Place the steaks in a large baking dish and pour the marinade over top. Marinate at least 30 minutes, or up to overnight in the fridge.
- ☐ Preheat a grill pan or grill over high heat.
- ☐ Remove the steaks from the marinade, shaking off any excess. Discard the marinade. Grill the steaks for about 6 minutes per side for medium-rare.
- ☐ Let the steaks rest for 5 minutes before slicing. Slice into thin slices across the grain and transfer to a serving plate.
- ☐ Sprinkle sesame seeds on top and serve.

Nutrition Facts



Properties

Glycemic Index:24.94, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:11.53521736031%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 212.03kcal (10.6%), Fat: 8.9g (13.7%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 14.03g (5.1%), Sugar: 7g (7.78%), Cholesterol: 34.16mg (11.39%), Sodium: 788.71mg (34.29%), Alcohol: 2.39g (100%), Alcohol %: 1.76% (100%), Protein: 15.11g (30.22%), Selenium: 20.17µg (28.82%), Vitamin B6: 0.48mg (24.18%), Vitamin B3: 4.63mg (23.17%), Copper: 0.42mg (21.2%), Phosphorus: 196.77mg (19.68%), Zinc: 2.91mg (19.39%), Iron: 2.84mg (15.8%), Manganese: 0.3mg (15.2%), Vitamin C: 11.49mg (13.92%), Magnesium: 52.58mg (13.15%), Potassium: 393.85mg (11.25%), Calcium: 111.99mg (11.2%), Vitamin B1: 0.14mg (9.32%), Vitamin B12: 0.52µg (8.71%), Vitamin B2: 0.15mg (8.65%), Folate: 29.02µg (7.25%), Fiber: 1.54g (6.14%), Vitamin B5: 0.47mg (4.65%), Vitamin E: 0.25mg (1.67%), Vitamin K: 1.17µg (1.12%)