



Asian-Style Flank Steak

 Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup sherry dry
- 1.5 pound flank steak
- 1.5 tablespoons ginger fresh minced peeled
- 2 garlic clove minced
- 2 tablespoons catsup
- 1 tablespoon sesame oil
- 0.3 cup soya sauce

Equipment

- sauce pan
- whisk
- broiler
- tongs
- broiler pan
- glass baking pan

Directions

- Whisk first 6 ingredients in 13x9x2-inch glass baking dish.
- Add steak; turn to coat.
- Let marinate at room temperature 2 hours, turning occasionally.
- Preheat broiler.
- Transfer steak to broiler pan.
- Drain marinade from dish into medium saucepan; boil 3 minutes. Broil steak until cooked to desired doneness, about 4 minutes per side for medium-rare. Using tongs, transfer steaks to platter; let stand 5 minutes.
- Cut crosswise into thin slices and serve, passing cooked marinade as sauce.

Nutrition Facts

PROTEIN 54.75% **FAT 38.36%** **CARBS 6.89%**

Properties

Glycemic Index:12.5, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:12.141304391882%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 208.06kcal (10.4%), Fat: 8.04g (12.37%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 3.08g (1.12%), Sugar: 1.52g (1.68%), Cholesterol: 68.04mg (22.68%), Sodium: 826.82mg (35.95%), Alcohol: 2.06g (100%), Alcohol %: 1.67% (100%), Protein: 25.82g (51.63%), Selenium: 33.76µg (48.24%), Vitamin B3: 7.68mg (38.42%), Vitamin B6: 0.74mg (37.25%), Zinc: 4.45mg (29.66%), Phosphorus: 252.84mg (25.28%), Vitamin B12: 1.03µg (17.2%), Potassium: 453.53mg (12.96%), Iron: 2.15mg (11.96%), Vitamin B2: 0.16mg (9.59%), Magnesium: 33.76mg (8.44%), Vitamin B5: 0.78mg (7.84%), Manganese: 0.13mg (6.29%), Vitamin B1: 0.09mg (6.22%), Copper: 0.11mg (5.61%), Folate: 17.93µg (4.48%), Calcium: 31.03mg (3.1%), Vitamin E: 0.44mg (2.93%), Vitamin K: 1.93µg (1.84%)