



Barbecued Asian Flank Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 1 pound flank steak lean
- ☐ 2 garlic cloves crushed
- ☐ 1 tablespoon gingerroot minced peeled
- ☐ 0.3 cup honey
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup cooking sherry
- ☐ 2 tablespoons vinegar white

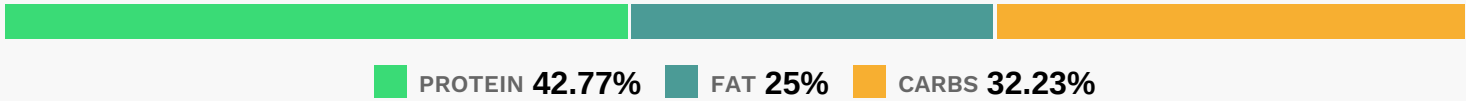
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Trim fat from steak.
- ☐ Combine steak and next 7 ingredients (steak through garlic) in a large heavy-duty zip-top plastic bag; seal bag. Marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Remove steak from bag; reserve marinade. Prepare grill or broiler.
- ☐ Place steak on grill rack or broiler pan coated with cooking spray, and cook 8 minutes on each side or until desired degree of doneness, basting frequently with reserved marinade.
- ☐ Place remaining marinade in a saucepan; cook over medium heat 1 minute.
- ☐ Cut steak diagonally across the grain into thin slices.
- ☐ Serve with warm marinade.

Nutrition Facts



Properties

Glycemic Index:40.57, Glycemic Load:9.34, Inflammation Score:-2, Nutrition Score:12.351739051549%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 255.06kcal (12.75%), Fat: 6.74g (10.37%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 19.33g (7.03%), Sugar: 17.67g (19.63%), Cholesterol: 68.04mg (22.68%), Sodium: 636.09mg (27.66%), Alcohol: 1.54g (100%), Alcohol %: 1.1% (100%), Protein: 25.94g (51.89%), Selenium: 33.98µg (48.55%), Vitamin B6: 0.75mg (37.28%), Vitamin B3: 7.31mg (36.54%), Zinc: 4.56mg (30.39%), Phosphorus: 262.28mg (26.23%), Vitamin B12: 1.03µg (17.2%), Potassium: 477.89mg (13.65%), Iron: 2.13mg (11.83%), Vitamin B2: 0.18mg (10.66%), Magnesium: 39.08mg (9.77%), Vitamin B5: 0.8mg (7.99%), Manganese: 0.15mg (7.4%), Vitamin B1: 0.09mg (6.15%), Folate: 22.57µg (5.64%), Copper: 0.11mg (5.39%), Calcium: 34.69mg (3.47%), Vitamin E: 0.41mg (2.76%), Vitamin K: 1.58µg (1.51%)