



Barbequed Marinated Flank Steak

 Gluten Free  Dairy Free

READY IN



505 min.

SERVINGS



6

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds flank steak
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground ginger
- 3 tablespoons honey
- 0.3 cup soya sauce
- 0.5 cup vegetable oil
- 2 tablespoons distilled vinegar white

Equipment

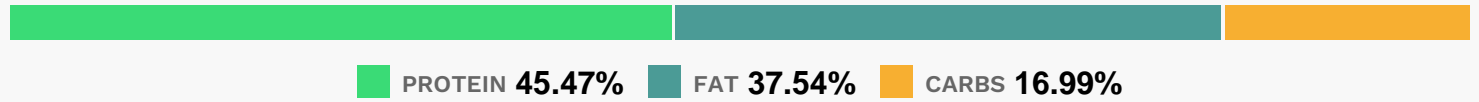
blender

grill

Directions

- In a blender, combine the soy sauce, honey, vinegar, ginger, garlic powder, and vegetable oil.
- Lay steak in a shallow glass or ceramic dish. Pierce both sides of the steak with a sharp fork.
- Pour marinade over steak, then turn and coat the other side. Cover, and refrigerate 8 hours, or overnight.
- Preheat grill for high heat.
- Place grate on highest level, and brush lightly with oil.
- Place steaks on the grill, and discard marinade. Grill steak for 10 minutes, turning once, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:4.59, Inflammation Score:-2, Nutrition Score:12.022608689964%

Nutrients (% of daily need)

Calories: 227.54kcal (11.38%), Fat: 9.32g (14.34%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 9.35g (3.4%), Sugar: 8.8g (9.78%), Cholesterol: 68.04mg (22.68%), Sodium: 600.8mg (26.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.81%), Selenium: 33.79µg (48.28%), Vitamin B3: 7.47mg (37.37%), Vitamin B6: 0.71mg (35.65%), Zinc: 4.42mg (29.48%), Phosphorus: 243.58mg (24.36%), Vitamin B12: 1.03µg (17.2%), Potassium: 417.93mg (11.94%), Iron: 2.07mg (11.5%), Vitamin B2: 0.15mg (8.81%), Vitamin K: 8.04µg (7.66%), Vitamin B5: 0.76mg (7.61%), Magnesium: 29.63mg (7.41%), Manganese: 0.13mg (6.5%), Vitamin B1: 0.09mg (5.9%), Copper: 0.1mg (5.1%), Folate: 16.83µg (4.21%), Vitamin E: 0.63mg (4.18%), Calcium: 27.08mg (2.71%)