



Beef Teriyaki Crisps with Wasabi Mayonnaise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



76 kcal

Ingredients

- ☐ 0.5 pound flank steak trimmed
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 tablespoons honey
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 0.3 cup soy sauce
- ☐ 2 tablespoons rice wine sweet (rice wine)
- ☐ 0.3 cup orange juice fresh
- ☐ 24 rice gluten-free
- ☐ 2 teaspoons rice vinegar

☐ 2 teaspoons wasabi paste

Equipment

☐ frying pan

☐ grill

☐ ziploc bags

☐ grill pan

Directions

☐ Combine first 6 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator 24 hours, turning occasionally.

☐ Remove steak from bag, and discard marinade.

☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.

☐ Add steak to pan; grill 6 minutes on each side or until desired degree of doneness.

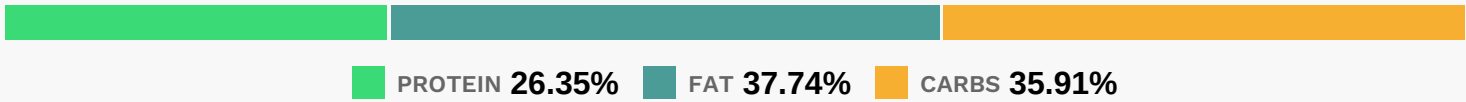
☐ Remove steak from pan; let stand 10 minutes.

☐ Cut steak diagonally across grain into thin slices; cut slices into 2-inch pieces.

☐ Combine mayonnaise, wasabi paste, and vinegar, stirring well. Spoon 3/4 teaspoon mayonnaise mixture onto each cracker. Divide steak evenly among crackers; top each with 1/4 teaspoon mayonnaise mixture.

☐ Garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:19.2, Glycemic Load:2.75, Inflammation Score:-1, Nutrition Score:2.935652171788%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 76.07kcal (3.8%), Fat: 3.06g (4.71%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 6.41g (2.33%), Sugar: 3.67g (4.08%), Cholesterol: 12.83mg (4.28%), Sodium: 279mg (12.13%), Alcohol: 0.4g (100%), Alcohol %: 1.05% (100%), Protein: 4.81g (9.63%), Selenium: 6.22µg (8.89%), Vitamin B6: 0.13mg (6.6%), Vitamin B3: 1.3mg (6.52%), Zinc: 0.82mg (5.46%), Phosphorus: 52.68mg (5.27%), Vitamin K: 5.25µg (5%), Vitamin C: 2.97mg (3.6%), Potassium: 107.25mg (3.06%), Vitamin B12: 0.17µg (2.87%), Manganese: 0.05mg (2.75%), Magnesium: 10.03mg (2.51%), Iron: 0.43mg (2.39%), Vitamin B2: 0.04mg (2.32%), Vitamin E: 0.29mg (1.91%), Folate: 7.13µg (1.78%), Vitamin B5: 0.18mg (1.76%), Vitamin B1: 0.02mg (1.58%), Copper: 0.03mg (1.42%)