



Beef Teriyaki Crisps with Wasabi Mayonnaise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



77 kcal

SIDE DISH

Ingredients

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

- ☐ 2 teaspoons rice vinegar
- ☐ 2 teaspoons wasabi paste

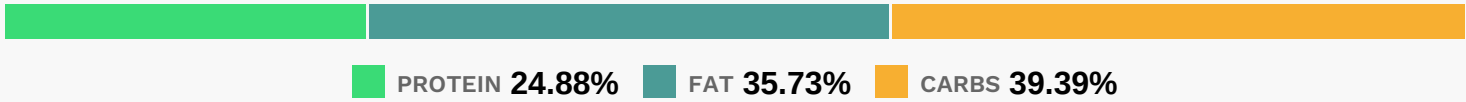
Equipment

- ☐ frying pan
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ To prepare steak, 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:0, Nutrition Score:2.9286956463171%

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: 76.89kcal (3.84%), Fat: 3.06g (4.71%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 7.45g (2.71%), Sugar: 4.34g (4.82%), Cholesterol: 12.83mg (4.28%), Sodium: 300.62mg (13.07%), Alcohol: 0.28g (100%), Alcohol %: 0.73% (100%), Protein: 4.8g (9.6%), Selenium: 6.19µg (8.84%), Vitamin B6: 0.13mg (6.6%), Vitamin B3: 1.3mg (6.52%), Zinc: 0.82mg (5.46%), Phosphorus: 52.53mg (5.25%), Vitamin K: 5.25µg (5%), Vitamin C: 2.97mg (3.6%), Potassium: 106.63mg (3.05%), Vitamin B12: 0.17µg (2.87%), Manganese: 0.05mg (2.75%), Magnesium: 9.88mg (2.47%), Iron: 0.43mg (2.38%), 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 (1.41%)