



Beef Teriyaki Steak



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbs agave nectar (or honey)
- ☐ 460 g beef steaks (I used rib-eye)
- ☐ 0.5 tsp cornstarch
- ☐ 1 clove garlic finely minced pressed (or)
- ☐ 2 Tbs soya sauce light
- ☐ 2 Tbs mirin
- ☐ 2 Tbs sake
- ☐ 2 servings sesame seed

- ☐ 2 servings spring onion
- ☐ 1 tsp vinegar

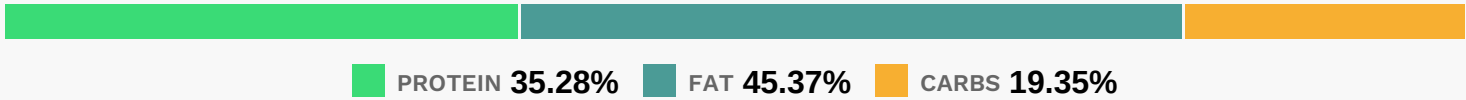
Equipment

- ☐ whisk

Directions

- ☐ Whisk together all ingredients for sauce.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:3.09, Inflammation Score:-5, Nutrition Score:28.279130707616%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 603.44kcal (30.17%), Fat: 29.24g (44.99%), Saturated Fat: 10.46g (65.37%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 26.75g (9.73%), Sugar: 18.77g (20.85%), Cholesterol: 165.6mg (55.2%), Sodium: 1276.86mg (55.52%), Alcohol: 4.11g (100%), Alcohol %: 1.63% (100%), Protein: 51.17g (102.35%), Selenium: 60.55µg (86.5%), Vitamin B6: 1.59mg (79.25%), Vitamin B3: 15.22mg (76.11%), Zinc: 9.6mg (63.99%), Phosphorus: 541.81mg (54.18%), Vitamin B12: 2.83µg (47.15%), Iron: 5.49mg (30.52%), Copper: 0.57mg (28.43%), Potassium: 873.33mg (24.95%), Magnesium: 88.61mg (22.15%), Vitamin B2: 0.34mg (20.07%), Vitamin B1: 0.3mg (19.93%), Vitamin K: 20.39µg (19.42%), Manganese: 0.35mg (17.69%), Vitamin B5: 1.43mg (14.33%), Calcium: 142.65mg (14.27%), Folate: 46.49µg (11.62%), Vitamin E: 1.07mg (7.1%), Vitamin C: 5.17mg (6.26%), Fiber: 1.32g (5.29%), Vitamin A: 60.67IU (1.21%)