



Broiled Tenderloin Steaks with Ginger-Hoisin Glaze



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.3 teaspoon pepper red crushed (such as Lee Kum Kee)
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 1.5 tablespoons hoisin sauce
- ☐ 1.5 teaspoons honey
- ☐ 1.5 teaspoons soy sauce
- ☐ 0.1 teaspoon salt

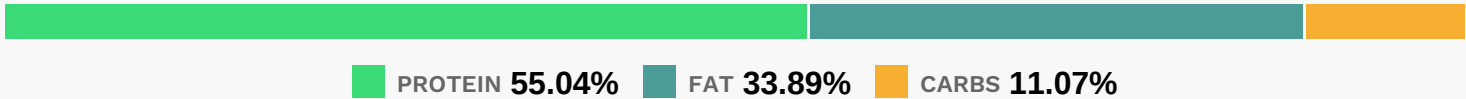
Equipment

- ☐ bowl
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler to high.
- ☐ Combine hoisin sauce, ginger, honey, soy sauce, and chili garlic sauce in a small bowl; stir with a whisk.
- ☐ Place the steaks on a foil-lined broiler pan coated with cooking spray; sprinkle with salt. Broil steaks 5 inches from heat for 2 minutes, and turn over. Broil 2 minutes; turn steaks over.
- ☐ Brush steaks with half of hoisin mixture; broil for 1 minute. Turn steaks over, and brush with remaining hoisin mixture; broil 2 minutes or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:16.82, Glycemic Load:1.15, Inflammation Score:-2, Nutrition Score:11.619130584209%

Nutrients (% of daily need)

Calories: 191.03kcal (9.55%), Fat: 6.96g (10.7%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.86g (1.77%), Sugar: 3.82g (4.25%), Cholesterol: 72.75mg (24.25%), Sodium: 301.99mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.84%), Selenium: 34.76µg (49.65%), Vitamin B3: 7.38mg (36.91%), Vitamin B6: 0.72mg (35.83%), Zinc: 4.55mg (30.33%), Phosphorus: 243.13mg (24.31%), Vitamin B12: 1.05µg (17.58%), Potassium: 422.1mg (12.06%), Iron: 1.94mg (10.77%), Vitamin B2: 0.15mg (9.04%), Vitamin B5: 0.75mg (7.49%), Magnesium: 29.38mg (7.34%), Vitamin B1: 0.09mg (5.69%), Copper: 0.1mg (4.94%), Folate: 17.12µg (4.28%), Vitamin E: 0.43mg (2.84%), Calcium: 28.17mg (2.82%), Manganese: 0.04mg (2.09%), Vitamin K: 1.52µg (1.45%)