



California-Thai Flank Steak



Gluten Free



Dairy Free

READY IN



410 min.

SERVINGS



8

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons chile paste
- ☐ 2 tablespoons sesame oil dark
- ☐ 2 pounds flank steak
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 tablespoon ground coriander
- ☐ 3 tablespoons lemon grass sliced

- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons peanuts crushed
- ☐ 0.5 small onion red chopped
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup rice wine
- ☐ 0.3 cup soya sauce

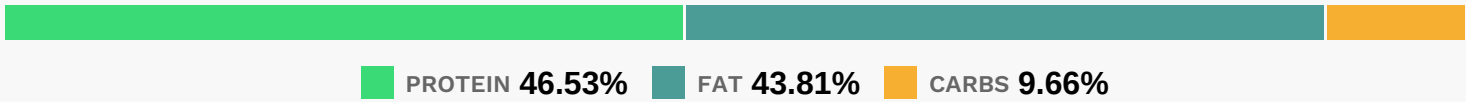
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a large bowl, combine soy sauce, rice vinegar, rice wine, lime juice and sesame oil. Stir in onion, basil, mint, lemon grass and crushed peanuts. Season with chile paste, coriander and garlic salt.
- ☐ Layer flank steak with marinade. Refrigerate 6 hours or overnight.
- ☐ Preheat an outdoor grill for medium high heat, and lightly oil grate.
- ☐ Spray a large sheet of aluminum foil with non-stick cooking spray.
- ☐ Drain liquid from marinade.
- ☐ Layer meat on foil with the remaining non-liquid marinade ingredients. Fold edges of foil to seal, then grill for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:22.03, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:14.063478241796%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 240.71kcal (12.04%), Fat: 11.21g (17.24%), Saturated Fat: 3.15g (19.72%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.56g (1.66%), Sugar: 1.13g (1.25%), Cholesterol: 68.04mg (22.68%), Sodium: 748.98mg (32.56%), Alcohol: 1.21g (100%), Alcohol %: 0.89% (100%), Protein: 26.78g (53.56%), Selenium: 34.23µg (48.9%), Vitamin B3: 8.22mg (41.1%), Vitamin B6: 0.74mg (37.18%), Zinc: 4.59mg (30.58%), Phosphorus: 269.02mg (26.9%), Vitamin B12: 1.03µg (17.2%), Manganese: 0.31mg (15.48%), Potassium: 509.92mg (14.57%), Iron: 2.55mg (14.19%), Magnesium: 43.2mg (10.8%), Vitamin B2: 0.17mg (9.77%), Vitamin B1: 0.13mg (8.48%), Vitamin B5: 0.84mg (8.42%), Copper: 0.16mg (8.1%), Folate: 31.66µg (7.92%), Vitamin C: 4.5mg (5.45%), Vitamin K: 5.09µg (4.85%), Calcium: 44.9mg (4.49%), Fiber: 1g (3.99%), Vitamin E: 0.42mg (2.78%), Vitamin A: 115.27IU (2.31%)