



Cilantro-Ginger Flank Steak With Edamame Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 17 oz rice ready-to-serve
- ☐ 2 cups edamame frozen shelled thawed fully cooked
- ☐ 1 lb flank steak
- ☐ 6 tablespoons cilantro leaves fresh divided chopped
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 lime
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

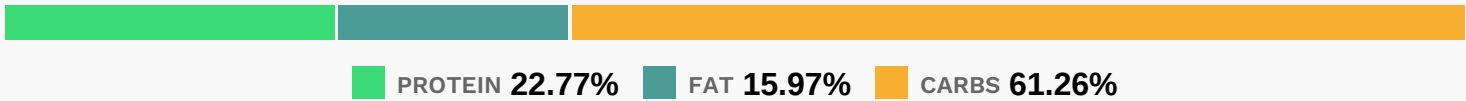
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill to 400 to 450 (high) heat. Stir together ginger, oil, and 2 Tbsp. cilantro in a small bowl. Rub cilantro mixture on steak.
- ☐ Sprinkle with salt and pepper.
- ☐ Grill steak, covered with grill lid, 6 to 7 minutes on each side or to desired degree of doneness.
- ☐ Remove from grill; squeeze juice from lime over steak. Cover loosely with foil, and let stand 10 minutes.
- ☐ Meanwhile, prepare rice according to package directions, and stir in edamame and remaining 4 Tbsp. cilantro.
- ☐ Cut steak across the grain into thin slices; serve over rice.

Nutrition Facts



Properties

Glycemic Index:43.05, Glycemic Load:58.26, Inflammation Score:-3, Nutrition Score:21.978261022464%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 720.74kcal (36.04%), Fat: 12.48g (19.2%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 107.7g (35.9%), Net Carbohydrates: 102.78g (37.38%), Sugar: 2.32g (2.58%), Cholesterol: 68.04mg (22.68%), Sodium: 648.29mg

(28.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.02g (80.04%), Selenium: 51.71µg (73.87%), Manganese: 1.36mg (68.2%), Vitamin B3: 9.03mg (45.14%), Vitamin B6: 0.89mg (44.58%), Zinc: 5.68mg (37.86%), Phosphorus: 370.41mg (37.04%), Iron: 4.83mg (26.82%), Potassium: 881.65mg (25.19%), Fiber: 4.91g (19.65%), Vitamin B5: 1.96mg (19.65%), Copper: 0.36mg (18.12%), Vitamin B12: 1.03µg (17.2%), Magnesium: 56.92mg (14.23%), Calcium: 123.5mg (12.35%), Vitamin B2: 0.19mg (11.36%), Vitamin B1: 0.17mg (11.31%), Vitamin E: 1.01mg (6.71%), Folate: 25.66µg (6.41%), Vitamin K: 5.91µg (5.63%), Vitamin C: 2.69mg (3.26%)