



Dinner Tonight: Six-Spice Hanger Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon aniseed
- ☐ 10 peppercorns black
- ☐ 4 teaspoons brown sugar
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 stick cinnamon (2-inch)
- ☐ 1 teaspoon fennel seeds
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon ginger minced peeled

- ☐ 2 teaspoons peppercorns
- ☐ 1 tablespoon rice vinegar
- ☐ 1 teaspoon shallots minced
- ☐ 0.3 cup soya sauce
- ☐ 2 pounds fat-trimmed beef flank steak
- ☐ 1 tablespoon water

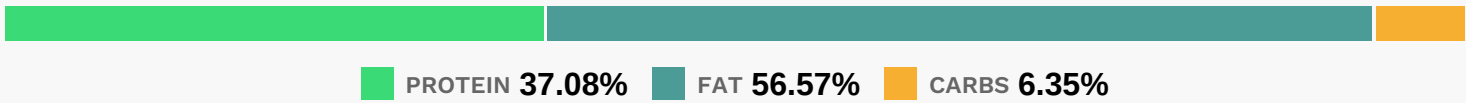
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Finely grind the spices, 2 teaspoon of brown sugar, and 1 1/2 teaspoon of salt in a grinder. Dry the hanger steak with a paper towel, and then sprinkle the spices evenly over the meat.
- ☐ Meanwhile, add the soy sauce, rice vinegar, water, ginger, shallot, garlic, and the rest of the brown sugar to a small saucepan. Turn the heat to medium-low. Cook only until the mixture is warm. Then stir in the cilantro.
- ☐ Slice the steak into 1/2 inch slices.
- ☐ Serve with the sauce on top.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:23.683912883634%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 510.98kcal (25.55%), Fat: 32.35g (49.76%), Saturated Fat: 14.31g (89.46%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 6.62g (2.41%), Sugar: 4.24g (4.71%), Cholesterol: 138.35mg (46.12%), Sodium: 930.85mg (40.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.71g (95.42%), Selenium: 55.82µg (79.74%), Zinc: 11.81mg (78.71%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.79mg (58.93%), Vitamin B6: 0.96mg (48.18%), Phosphorus: 356.91mg (35.69%), Vitamin B2: 0.57mg (33.75%), Manganese: 0.61mg (30.25%), Iron: 4.89mg (27.19%), Potassium: 708.42mg (20.24%), Magnesium: 62.43mg (15.61%), Vitamin B1: 0.22mg (14.47%), Copper: 0.25mg (12.57%), Vitamin K: 8.01µg (7.63%), Fiber: 1.54g (6.17%), Calcium: 53.17mg (5.32%), Folate: 10.42µg (2.6%), Vitamin D: 0.23µg (1.51%), Vitamin A: 59.07IU (1.18%), Vitamin B5: 0.11mg (1.11%)