



Flank Steak with Papaya Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.3 cup coconut or flaked
- ☐ 1 teaspoon curry powder
- ☐ 1 pound flank steak lean
- ☐ 2 teaspoons parsley fresh finely minced
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons gingerroot minced peeled
- ☐ 0.1 teaspoon hot sauce

- ☐ 3 tablespoons papaya ripe finely chopped
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

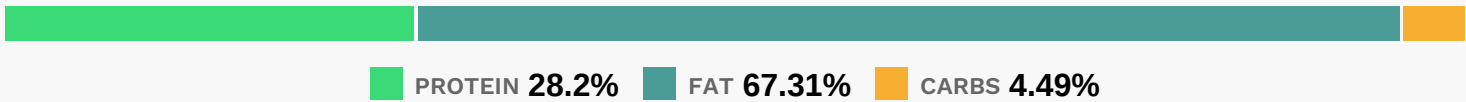
Equipment

- ☐ mixing bowl
- ☐ hand mixer
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Trim fat from steak.
- ☐ Combine soy sauce and next 4 ingredients in a large heavy-duty, zip-top plastic bag; seal bag, and shake well.
- ☐ Add steak to bag; seal bag, and shake until steak is well coated. Marinate steak in refrigerator 8 hours, turning bag occasionally.
- ☐ Remove steak from marinade; discard marinade.
- ☐ Place greased grill rack on grill over medium-hot coals (350 to 400).
- ☐ Place steak on rack; grill, covered, 6 minutes on each side or to desired degree of doneness.
- ☐ Remove steak from grill, and let stand 10 minutes; cut diagonally across grain into thin slices.
- ☐ Combine butter and remaining ingredients in a small mixing bowl; beat at medium speed of an electric mixer until fluffy.
- ☐ Serve butter mixture with steak.

Nutrition Facts



Properties

Glycemic Index:51.44, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:14.71608710289%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 368kcal (18.4%), Fat: 27.54g (42.37%), Saturated Fat: 13.75g (85.94%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 2.75g (1%), Sugar: 1.5g (1.67%), Cholesterol: 98.54mg (32.85%), Sodium: 661.09mg (28.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.92%), Selenium: 34.93µg (49.9%), Vitamin B3: 7.54mg (37.72%), Vitamin B6: 0.75mg (37.28%), Zinc: 4.55mg (30.35%), Phosphorus: 260.35mg (26.03%), Vitamin B12: 1.06µg (17.6%), Vitamin K: 16.5µg (15.72%), Potassium: 483.91mg (13.83%), Iron: 2.35mg (13.08%), Manganese: 0.25mg (12.49%), Magnesium: 38.94mg (9.73%), Vitamin B2: 0.16mg (9.46%), Vitamin A: 469.31IU (9.39%), Vitamin E: 1.39mg (9.27%), Vitamin C: 7.46mg (9.04%), Vitamin B5: 0.84mg (8.39%), Copper: 0.16mg (7.83%), Vitamin B1: 0.1mg (6.48%), Folate: 22.63µg (5.66%), Fiber: 1.38g (5.52%), Calcium: 37mg (3.7%)