



 **75%**
HEALTH SCORE

Ginger Flank Steak with Sake-Glazed Vegetables

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus trimmed cut into 1 1/2-inch lengths
- 1 tablespoon balsamic vinegar
- 2 teaspoons cornstarch
- 1.5 pounds crimini mushrooms halved
- 0.3 cup t brown sugar dark packed ()
- 2 pound flank steak
- 3 tablespoons ginger fresh minced peeled

- 4 garlic clove crushed
- 4 spring onion cut into 1-inch lengths
- 3 tablespoons vegetable oil; peanut oil preferred
- 2 bell pepper red cut into 1-inch-wide strips
- 0.5 cup rice wine
- 0.5 cup soya sauce

Equipment

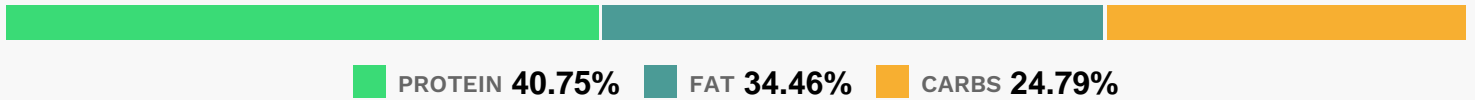
- frying pan
- sauce pan
- whisk
- pot
- aluminum foil
- cutting board
- glass baking pan

Directions

- Combine first 6 ingredients in 13x9x2-inch glass baking dish.
- Add meat. Cover and refrigerate at least 2 hours and up to 1 day.
- Let stand at room temperature 1 hour before continuing.
- Cook asparagus in large pot of boiling salted water until crisp-tender, about 4 minutes.
- Drain. Rinse under cold water to cool.
- Drain again.
- Heat 2 tablespoons peanut oil in heavy large skillet over medium-high heat.
- Add red bell pepper strips and sauté 3 minutes.
- Add crimini mushrooms and sauté until mushrooms are soft, about 5 minutes.
- Add green onions and asparagus and sauté until vegetables are tender, about 2 minutes longer.
- Transfer vegetables to serving platter. Tent with foil to keep warm.

- Heat remaining 1 tablespoon peanut oil in same skillet over high heat.
- Remove steak from marinade; reserve marinade.
- Add steak to skillet and cook to desired doneness, about 4 minutes per side for medium-rare.
- Transfer to cutting board. Tent with foil and let stand 5 minutes.
- Meanwhile, place reserved marinade in small saucepan.
- Whisk in cornstarch.
- Whisk over high heat until sauce thickens and boils, about 3 minutes.
- Remove sauce from heat. Season sauce to taste with salt and pepper.
- Cut steak across grain on diagonal into 1/2-inch-thick slices. Arrange steak slices atop vegetables on platter. Spoon some of sauce over meat and vegetables.
- Serve, passing remaining sauce separately.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:37.726521896279%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

Nutrients (% of daily need)

Calories: 405.86kcal (20.29%), Fat: 14.95g (23.01%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 20.62g (7.5%), Sugar: 14.92g (16.58%), Cholesterol: 90.72mg (30.24%), Sodium: 1175.71mg (51.12%), Alcohol: 3.22g (100%), Alcohol %: 0.9% (100%), Protein: 39.79g (79.57%), Selenium: 76.79µg (109.69%), Vitamin B3: 15.71mg (78.54%), Vitamin C: 57.31mg (69.47%), Vitamin B6: 1.3mg (65.07%), Vitamin B2: 0.91mg (53.47%), Phosphorus: 525.62mg (52.56%), Zinc: 7.71mg (51.37%), Vitamin K: 51.85µg (49.38%), Copper: 0.88mg (44.04%), Potassium: 1365.82mg (39.02%), Vitamin A: 1893.43IU (37.87%), Vitamin B5: 3.1mg (30.96%), Iron: 5.31mg (29.52%), Folate: 114.7µg (28.67%), Manganese: 0.5mg (25.1%), Vitamin B12: 1.49µg (24.82%), Vitamin B1: 0.37mg (24.45%), Vitamin E: 3.08mg (20.56%), Magnesium: 72.52mg (18.13%), Fiber: 3.58g (14.33%), Calcium: 96.23mg (9.62%)