

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

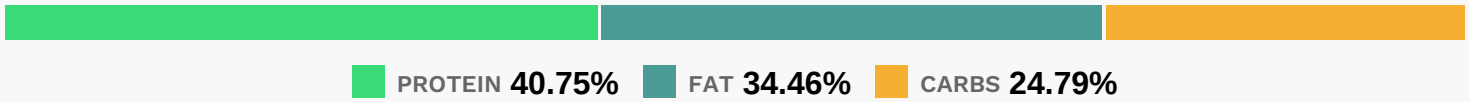
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ cutting board
- ☐ glass baking pan

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%)