



Ginger-Marinated Flank Steak



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound beef flank steak
- ☐ 2 tablespoons brown sugar
- ☐ 2 garlic cloves chopped
- ☐ 2 teaspoons ground ginger
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup vegetable oil

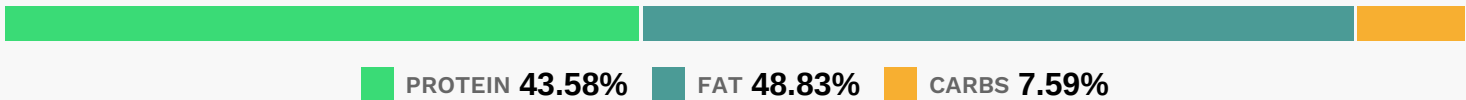
Equipment

- ☐ baking pan
- ☐ grill

Directions

- ☐ Combine vegetable oil and next 6 ingredients in a shallow baking dish or large zip-top plastic freezer bag; add steak, turning to coat. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 10 minutes on each side or to desired degree of doneness.
- ☐ Let stand 5 minutes; cut into thin slices diagonally across the grain.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:17.068260918493%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 314.35kcal (15.72%), Fat: 16.74g (25.75%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.53g (2.01%), Sugar: 4.19g (4.65%), Cholesterol: 90.72mg (30.24%), Sodium: 627.15mg (27.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.61g (67.22%), Selenium: 45.32µg (64.74%), Vitamin B3: 9.92mg (49.59%), Vitamin B6: 0.96mg (48.06%), Zinc: 5.89mg (39.25%), Phosphorus: 322.5mg (32.25%), Vitamin B12: 1.38µg (22.93%), Vitamin K: 18.92µg (18.02%), Potassium: 566.56mg (16.19%), Manganese: 0.31mg (15.64%), Iron: 2.8mg (15.55%), Vitamin B2: 0.19mg (11.45%), Vitamin B5: 1.01mg (10.12%), Magnesium: 40.06mg (10.02%), Vitamin E: 1.32mg (8.8%), Vitamin B1: 0.12mg (7.93%), Copper: 0.14mg (6.81%), Folate: 22.15µg (5.54%), Calcium: 41.37mg (4.14%), Vitamin C: 1.82mg (2.2%), Vitamin A: 101.62IU (2.03%), Fiber: 0.33g (1.31%)