



Ginger-Soy Flank Steak



Gluten Free



Dairy Free

READY IN



565 min.

SERVINGS



12

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 3 pound flank steak trimmed
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove pressed
- ☐ 2 tablespoons honey
- ☐ 0.3 cup lower-sodium soy sauce
- ☐ 1 tablespoon red wine vinegar

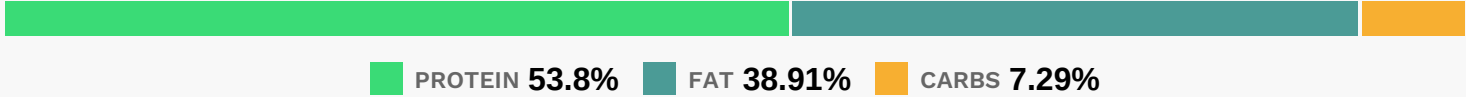
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a heavy-duty zip-top plastic bag.
- ☐ Add steak. Seal bag, and turn to coat steak. Marinate in refrigerator overnight, turning occasionally.
- ☐ Remove bag from refrigerator, and let stand at room temperature 1 hour.
- ☐ Preheat grill to high heat.
- ☐ Remove steak from bag; discard marinade.
- ☐ Place steak on grill rack coated with cooking spray. Grill 6 minutes on each side or to desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:1.53, Inflammation Score:-2, Nutrition Score:11.459130520406%

Nutrients (% of daily need)

Calories: 191.34kcal (9.57%), Fat: 8.03g (12.35%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 3.32g (1.21%), Sugar: 2.91g (3.24%), Cholesterol: 68.04mg (22.68%), Sodium: 315.39mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.97g (49.94%), Selenium: 33.55µg (47.93%), Vitamin B3: 7.15mg (35.74%), Vitamin B6: 0.7mg (35.07%), Zinc: 4.41mg (29.4%), Phosphorus: 241.47mg (24.15%), Vitamin B12: 1.03µg (17.2%), Potassium: 415.28mg (11.87%), Iron: 1.87mg (10.37%), Vitamin B2: 0.15mg (8.77%), Magnesium: 30.05mg (7.51%), Vitamin B5: 0.74mg (7.41%), Vitamin B1: 0.09mg (5.67%), Vitamin E: 0.77mg (5.11%), Folate: 17.95µg (4.49%), Copper: 0.09mg (4.43%), Vitamin K: 3.03µg (2.88%), Calcium: 26.69mg (2.67%), Manganese: 0.05mg (2.51%)