



## Ginger Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon basil dried
- 1 teaspoon ground ginger
- 1 teaspoon ground pepper black
- 1 teaspoon juice of lemon
- 0.5 teaspoon salt
- 32 ounce beef sirloin steaks
- 2 tablespoons soya sauce
- 1 tablespoon mustard yellow prepared

# Equipment

- bowl
- frying pan
- oven
- broiler

# Directions

- Preheat the oven's broiler.
- In a small bowl, mix together the soy sauce, ginger, salt, pepper, basil, mustard and lemon juice until smooth.
- Place the steaks on a broiling pan, and pour 1/4 of the mixture over each one. Massage into the meat.
- Broil the steaks for 5 minutes, then turn over and cook to your desired degree of doneness.

# Nutrition Facts

**PROTEIN 38.33%** **FAT 60.41%** **CARBS 1.26%**

# Properties

Glycemic Index:19.75, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:21.337391390749%

# Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

# Nutrients (% of daily need)

Calories: 514.96kcal (25.75%), Fat: 33.8g (52%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.26g (0.29%), Cholesterol: 127.01mg (42.34%), Sodium: 957.58mg (41.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.26g (96.51%), Vitamin B12: 6.3µg (105.08%), Selenium: 39.08µg (55.83%), Zinc: 7.54mg (50.3%), Vitamin B6: 0.89mg (44.55%), Vitamin B3: 8.68mg (43.38%), Phosphorus: 412.79mg (41.28%), Iron: 5.21mg (28.93%), Vitamin B2: 0.43mg (25.25%), Potassium: 746.67mg (21.33%), Manganese: 0.35mg (17.28%), Vitamin B1: 0.24mg (16.03%), Magnesium: 54.54mg (13.64%), Copper: 0.21mg (10.44%), Vitamin B5: 0.76mg (7.61%), Vitamin K: 5.16µg (4.92%), Folate: 16.67µg (4.17%), Calcium: 26.41mg (2.64%),

Fiber: 0.53g (2.11%)