



Gingered Flank Steak



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons bottled garlic minced
- ☐ 1 tablespoon bottled ginger fresh minced grated peeled
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 pound flank steak trimmed (1/)
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons worcestershire sauce

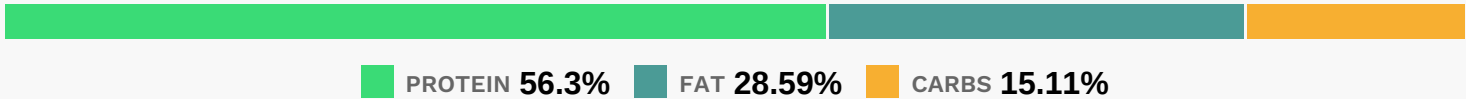
Equipment

- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 7 ingredients in a small saucepan; stir well.
- ☐ Place steak on a broiler pan coated with cooking spray.
- ☐ Brush steak with 1 tablespoon wine mixture, and broil 6 minutes. Turn steak; brush with 1 tablespoon wine mixture. Broil 6 minutes or until desired degree of doneness.
- ☐ Let stand 5 minutes before slicing.
- ☐ Bring remaining wine mixture to a boil; cook 5 minutes or until reduced to 1/4 cup.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Serve steak with wine sauce.

Nutrition Facts



Properties

Glycemic Index:28.77, Glycemic Load:1.53, Inflammation Score:-3, Nutrition Score:12.604347937133%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 197.56kcal (9.88%), Fat: 5.76g (8.86%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.66g (2.42%), Sugar: 3.59g (3.99%), Cholesterol: 68.04mg (22.68%), Sodium: 658.52mg (28.63%), Alcohol: 1.58g (100%), Alcohol %: 1.2% (100%), Protein: 25.52g (51.05%), Selenium: 33.69µg (48.13%), Vitamin B3: 7.33mg (36.63%), Vitamin B6: 0.72mg (36.05%), Zinc: 4.48mg (29.9%), Phosphorus: 259.27mg (25.93%), Vitamin B12: 1.03µg (17.2%), Potassium: 556.26mg (15.89%), Iron: 2.62mg (14.57%), Vitamin B2: 0.18mg (10.54%), Magnesium: 37.07mg (9.27%), Vitamin B5: 0.77mg (7.73%), Vitamin B1: 0.1mg (6.61%), Copper: 0.13mg (6.27%), Vitamin C: 4.9mg (5.94%), Folate: 22.97µg (5.74%), Calcium: 43.03mg (4.3%), Manganese: 0.08mg (4.06%), Vitamin E: 0.41mg (2.73%), Vitamin K: 1.5µg (1.43%)