



HEALTH SCORE

66%

Grilled Asian Flank Steak with Mango Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon fish sauce
- ☐ 1 pound flank steak trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 tablespoon garlic fresh minced
- ☐ 2 cups cabbage shredded green

- ☐ 0.3 cup green onions thinly sliced
- ☐ 3 tablespoons juice of lime
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 1 mangos diced peeled
- ☐ 0.5 cup mint leaves
- ☐ 1 tablespoon peanut butter reduced-fat
- ☐ 3 cups romaine lettuce shredded
- ☐ 5 teaspoons sugar divided
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

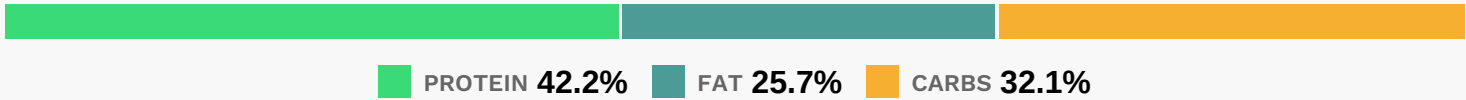
Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine chopped cilantro, 1 tablespoon sugar, and next 4 ingredients (through soy sauce) in a large zip-top plastic bag.
- ☐ Add beef; let stand 15 minutes.
- ☐ Remove beef from marinade; reserve marinade.
- ☐ Place beef on grill rack coated with cooking spray.
- ☐ Drizzle with reserved marinade. Grill 5 minutes on each side or until desired degree of doneness.
- ☐ Remove from grill; cover with foil.
- ☐ Let stand 5 minutes; cut across grain into thin slices.

- ☐
- Combine lime juice, 2 tablespoons water, peanut butter, remaining 2 teaspoons sugar, and pepper in a large bowl; stir with a whisk.

☐☐

Nutrition Facts



Properties

Glycemic Index:76.71, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:27.040000169174%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 259.58kcal (12.98%), Fat: 7.54g (11.6%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 17.61g (6.4%), Sugar: 14.6g (16.23%), Cholesterol: 68.04mg (22.68%), Sodium: 598.03mg (26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.72%), Vitamin A: 4248.68IU (84.97%), Vitamin K: 88.89µg (84.66%), Selenium: 35.19µg (50.27%), Vitamin C: 40.94mg (49.63%), Vitamin B6: 0.91mg (45.32%), Vitamin B3: 8.57mg (42.84%), Zinc: 4.84mg (32.26%), Folate: 120.16µg (30.04%), Phosphorus: 291.54mg (29.15%), Potassium: 772.3mg (22.07%), Manganese: 0.38mg (18.75%), Vitamin B12: 1.05µg (17.56%), Iron: 3.03mg (16.85%), Magnesium: 65.82mg (16.46%), Fiber: 3.58g (14.34%), Vitamin B2: 0.23mg (13.82%), Copper: 0.24mg (11.93%), Vitamin B1: 0.17mg (11.58%), Vitamin B5: 1.07mg (10.74%), Vitamin E: 1.51mg (10.04%), Calcium: 86.43mg (8.64%)