



Grilled Asian Flank Steak with Sweet Slaw

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound flank steak
- 5 teaspoons ginger fresh divided minced peeled
- 1 garlic clove pressed
- 0.8 cup spring onion divided chopped
- 9 ounces napa cabbage thinly sliced
- 2 jalapeno red thinly sliced into rounds
- 3 tablespoons seasoned rice vinegar
- 0.3 cup soya sauce

- 3 tablespoons sugar
- 5 tablespoons vegetable oil

Equipment

- bowl
- sauce pan
- grill
- ziploc bags

Directions

- Prepare barbecue (medium heat).
- Mix soy sauce, oil, 3 teaspoons ginger, and garlic in resealable plastic bag.
- Add flank steak and seal bag; turn to coat.
- Let stand at room temperature 30 minutes, turning occasionally.
- Stir sugar and vinegar in small saucepan over medium heat until sugar dissolves; remove from heat.
- Add jalapeños and remaining 2 teaspoons ginger.
- Place cabbage and 1/2 cup green onions in medium bowl.
- Pour vinegar mixture over and toss to coat. Season with salt and pepper.
- Let stand while grilling steak, tossing occasionally.
- Grill steak until cooked to desired doneness, about 6 minutes per side for medium-rare.
- Transfer to work surface.
- Let rest 10 minutes. Slice steak thinly against grain.
- Sprinkle 1/4 cup green onions over slaw.
- Nutrition Data
- See Nutrition Data's analysis of this recipe ›

Nutrition Facts



■ PROTEIN 35.16% ■ FAT 51.85% ■ CARBS 12.99%

Properties

Glycemic Index:72.27, Glycemic Load:7.45, Inflammation Score:-7, Nutrition Score:27.10521747755%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 450.95kcal (22.55%), Fat: 25.76g (39.64%), Saturated Fat: 6.16g (38.53%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 12.98g (4.72%), Sugar: 10.99g (12.21%), Cholesterol: 102.06mg (34.02%), Sodium: 910.27mg (39.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.31g (78.62%), Vitamin K: 100.48µg (95.69%), Selenium: 51.06µg (72.95%), Vitamin B6: 1.27mg (63.31%), Vitamin B3: 11.63mg (58.15%), Zinc: 6.83mg (45.56%), Phosphorus: 393.37mg (39.34%), Vitamin C: 31.17mg (37.78%), Vitamin B12: 1.55µg (25.8%), Potassium: 850.68mg (24.31%), Folate: 89.02µg (22.26%), Iron: 3.55mg (19.73%), Vitamin B2: 0.27mg (16.11%), Magnesium: 58.26mg (14.56%), Vitamin E: 2.12mg (14.13%), Manganese: 0.28mg (14.03%), Vitamin B5: 1.23mg (12.31%), Vitamin B1: 0.17mg (11.6%), Calcium: 104.78mg (10.48%), Copper: 0.2mg (10.03%), Vitamin A: 456.49IU (9.13%), Fiber: 1.54g (6.16%)