



Grilled Flank Steak and Cilantro Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup butter softened
- ☐ 1.5 pounds flank steak
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons soya sauce

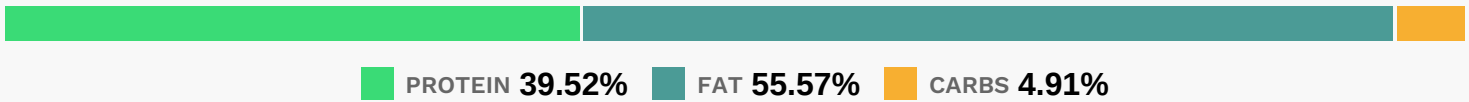
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Stir together first 4 ingredients. Cover and chill until ready to serve.
- ☐ Combine 2 tablespoons lime juice and next 4 ingredients in a large, heavy-duty zip-top plastic bag.
- ☐ Add steak, and seal, turning to coat. Refrigerate 1 hour.
- ☐ Remove steak from marinade, and discard marinade. Grill over high heat (400 to 500 degrees Fahrenheit) for 4 to 5 minutes on each side (for medium rare) or to desired degree of doneness.
- ☐ Let stand 5 minutes before slicing. Top with chilled cilantro butter.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:18.013043706832%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 387.01kcal (19.35%), Fat: 23.54g (36.21%), Saturated Fat: 11.31g (70.67%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.23g (3.59%), Cholesterol: 132.56mg (44.19%), Sodium: 685.57mg (29.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.66g (75.32%), Selenium: 50.65µg (72.36%), Vitamin B3: 10.98mg (54.91%), Vitamin B6: 1.07mg (53.56%), Zinc: 6.59mg (43.95%), Phosphorus: 362.43mg (36.24%), Vitamin B12: 1.57µg (26.2%), Potassium: 624.14mg (17.83%), Iron: 2.92mg (16.2%), Vitamin B2: 0.22mg (12.79%),

Vitamin B5: 1.15mg (11.46%), Magnesium: 42.76mg (10.69%), Vitamin E: 1.35mg (9.01%), Vitamin B1: 0.13mg (8.91%),
Vitamin A: 372.24IU (7.44%), Copper: 0.15mg (7.27%), Folate: 25.2µg (6.3%), Vitamin K: 5.84µg (5.56%), Calcium:
47.48mg (4.75%), Manganese: 0.09mg (4.68%), Vitamin C: 2.97mg (3.6%)