



Grilled Flank Steak and Sriracha Mayo

READY IN



108 min.

SERVINGS



4

CALORIES



1135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 4 servings brie cheese
- ☐ 2 pounds flank steak
- ☐ 1 loaf flat rustic bread
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 4 medium cloves through a garlic press minced pressed
- ☐ 0.3 cup kikkoman less sodium soy sauce
- ☐ 3 tablespoons mayonnaise
- ☐ 2 tablespoons kikkoman sriracha chili sauce hot

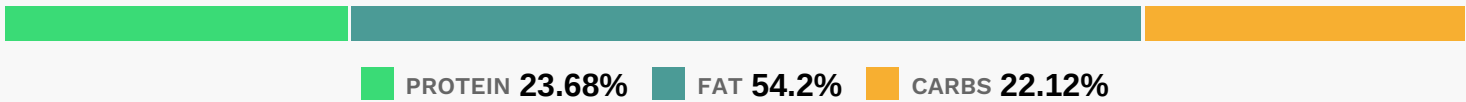
Equipment

- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Pulse all marinade ingredients in blender until a rough paste, scraping down blender jar as needed.
- ☐ Combine marinade and meat in gallon-size zipper-lock bag; press out as much air as possible and seal bag. Refrigerate 1 hour, flipping bag after 30 minutes to ensure that meat marinates evenly.
- ☐ Drain and discard marinade. Grill steak, over medium high heat for 7–9 minutes on each side or until meat reaches desired doneness.
- ☐ Let rest for 10 minutes before slicing.
- ☐ Transfer steaks to cutting board; tent loosely with foil and let rest 5 minutes. Slice steak very thinly on the bias. Split Loaf, brush a bit of oil on the inside, and grill for about 1 minute until warm and slightly toasted.
- ☐ Mix together the Kikkoman Sriracha Sauce and mayonnaise, and smear onto the toasted bread. Compose your sandwich with sliced steak, arugula, and brie.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:33.168260683184%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.05mg, Myricetin: 0.05mg,

Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 1135.35kcal (56.77%), Fat: 67.71g (104.17%), Saturated Fat: 32.95g (205.92%), Carbohydrates: 62.18g (20.73%), Net Carbohydrates: 57.68g (20.98%), Sugar: 35.61g (39.57%), Cholesterol: 170.49mg (56.83%), Sodium: 1736mg (75.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.55g (133.11%), Selenium: 72.06µg (102.94%), Vitamin B3: 19.65mg (98.26%), Vitamin B6: 1.54mg (76.78%), Zinc: 9.91mg (66.06%), Phosphorus: 605.08mg (60.51%), Vitamin B12: 2.57µg (42.86%), Iron: 6.62mg (36.8%), Folate: 141.48µg (35.37%), Vitamin B2: 0.59mg (34.73%), Potassium: 1206.6mg (34.47%), Vitamin K: 31.63µg (30.13%), Vitamin B1: 0.37mg (24.37%), Magnesium: 96.6mg (24.15%), Vitamin B5: 1.8mg (17.99%), Fiber: 4.5g (17.98%), Calcium: 135.16mg (13.52%), Manganese: 0.22mg (11.05%), Copper: 0.21mg (10.25%), Vitamin A: 461.77IU (9.24%), Vitamin C: 7.52mg (9.11%), Vitamin E: 1.21mg (8.1%), Vitamin D: 0.17µg (1.14%)