



## Grilled Flank Steak with Ginger Marinade

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 1.5 pounds flank steak trimmed of fat
- 8 medium garlic cloves smashed
- 5 inch ginger sliced
- 1 tablespoon honey
- 2 teaspoons kosher salt
- 2 teaspoons juice of lime freshly squeezed
- 0.3 cup sesame oil

## Equipment

- frying pan
- ziploc bags
- grill pan
- cutting board

## Directions

- Watch how to make this recipe.
- In a nonreactive dish or large resealable plastic bag, combine all ingredients except steak and mix thoroughly.
- Add steak and turn to thoroughly coat. Cover dish or close bag and allow to marinate at room temperature for 30 minutes. (If you are making ahead, cover, and place in refrigerator. Can be marinated up to 24 hours in refrigerator.)
- Once steak has marinated, remove from refrigerator and bring to room temperature for at least 15 minutes.
- Heat a lightly oiled grill pan to medium-high heat. When pan is heated, remove steak from marinade, shake off excess, add to pan and cook for about 6 to 8 minutes per side for medium rare.
- Transfer to a cutting board, season with additional salt and freshly ground black pepper and let rest for 10 to 15 minutes. Slice thinly across the grain and serve.

## Nutrition Facts



## Properties

Glycemic Index:32.32, Glycemic Load:3.08, Inflammation Score:-3, Nutrition Score:17.916086988605%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.12mg, Quercetin: 0.12mg,

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## **Nutrients (% of daily need)**

Calories: 387.26kcal (19.36%), Fat: 22.24g (34.22%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 7.95g (2.89%), Sugar: 4.56g (5.07%), Cholesterol: 102.06mg (34.02%), Sodium: 1255.41mg (54.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.07g (74.14%), Selenium: 51.16µg (73.09%), Vitamin B6: 1.12mg (56.06%), Vitamin B3: 10.72mg (53.58%), Zinc: 6.64mg (44.24%), Phosphorus: 357.1mg (35.71%), Vitamin B12: 1.55µg (25.8%), Potassium: 652.94mg (18.66%), Iron: 2.86mg (15.87%), Vitamin B2: 0.21mg (12.26%), Vitamin B5: 1.14mg (11.39%), Magnesium: 43.87mg (10.97%), Manganese: 0.21mg (10.52%), Vitamin B1: 0.14mg (9.19%), Copper: 0.17mg (8.6%), Folate: 23.7µg (5.92%), Calcium: 51.58mg (5.16%), Vitamin E: 0.72mg (4.82%), Vitamin K: 4.84µg (4.61%), Vitamin C: 3.09mg (3.74%), Fiber: 0.45g (1.79%)