



 **59%**
HEALTH SCORE

Grilled Flank Steak with Mint-Cilantro Mojo and Grilled Carrots and Parsnips

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium carrots peeled
- 0.3 cup cilantro leaves
- 1 pound flank steak
- 1 clove garlic
- 1 tablespoon pre-minced ginger fresh jarred
- 0.3 cup green onions chopped
- 0.3 teaspoon ground pepper black

- 1 tablespoon honey
- 1 tablespoon juice of lime fresh
- 0.3 cup soya sauce reduced-sodium
- 0.3 cup mint leaves
- 2 teaspoons olive oil
- 2 parsnips peeled
- 2 teaspoons sesame oil
- 3 tablespoons water

Equipment

- food processor
- blender
- grill
- stove
- ziploc bags
- grill pan

Directions

- In a blender or food processor, combine soy sauce, ginger, honey, sesame oil, garlic clove, and black pepper. Process until smooth.
- Pour mixture into a plastic bag, add flank steak and shake to coat. Refrigerate 15 minutes and up to 24 hours.
- To make the mojo: In a blender or food processor, combine cilantro, mint, green onions, water, lime juice, olive oil, and garlic clove. Process until smooth.
- Coat an outdoor grill or stovetop grill pan with cooking spray and preheat to medium-high.
- Remove steak from marinade (discard marinade) and grill 5 minutes per side for medium meat. Arrange carrots and parsnips alongside steak and grill for 10 minutes, until crisp-tender, turning frequently.
- Let steak stand 10 minutes before slicing crosswise into 1/4-inch thick slices.
- Serve steak with mojo drizzled over top and sliced carrots and parsnips on the side.

Nutrition Facts

PROTEIN 36.88% FAT 30.63% CARBS 32.49%

Properties

Glycemic Index:73.03, Glycemic Load:8.72, Inflammation Score:-10, Nutrition Score:25.699565141097%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 295.09kcal (14.75%), Fat: 10.1g (15.54%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 18.73g (6.81%), Sugar: 9.81g (10.9%), Cholesterol: 68.04mg (22.68%), Sodium: 666.69mg (28.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.73%), Vitamin A: 5409.54IU (108.19%), Selenium: 35.18µg (50.25%), Vitamin B6: 0.85mg (42.46%), Vitamin B3: 8.23mg (41.14%), Vitamin K: 41.61µg (39.63%), Zinc: 5.1mg (34.03%), Phosphorus: 329.59mg (32.96%), Manganese: 0.65mg (32.74%), Potassium: 895.62mg (25.59%), Vitamin C: 19.17mg (23.24%), Folate: 89.29µg (22.32%), Fiber: 5.37g (21.48%), Vitamin B12: 1.03µg (17.2%), Magnesium: 68.35mg (17.09%), Iron: 2.89mg (16.05%), Vitamin B2: 0.25mg (14.5%), Vitamin E: 2.15mg (14.32%), Vitamin B5: 1.36mg (13.57%), Vitamin B1: 0.19mg (12.55%), Copper: 0.23mg (11.52%), Calcium: 84.45mg (8.45%)