



Grilled Glazed Steak and Asparagus



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1.5 pounds flank steak
- ☐ 1 teaspoon grainy mustard
- ☐ 0.3 cup oyster sauce
- ☐ 0.5 teaspoon red-pepper flakes hot

Equipment

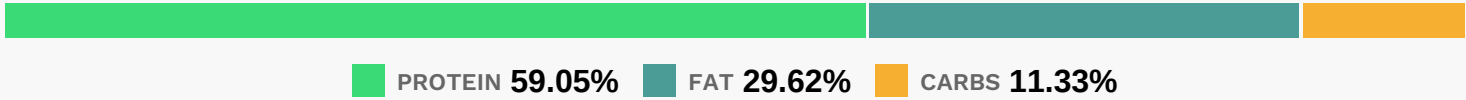
- ☐ bowl

- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Prepare a charcoal grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas).
- ☐ Stir together oyster sauce, vinegar, mustard, and red-pepper flakes in a large bowl.
- ☐ Thread about half of asparagus crosswise onto 2 parallel skewers, leaving space between. Repeat with remaining asparagus and skewers.
- ☐ Brush asparagus with some of glaze, then brush steak all over with remaining glaze and sprinkle with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Oil grill rack, then grill steak and asparagus, covered only if using a gas grill, turning steak once and asparagus occasionally, until asparagus is tender and well browned in spots, 6 to 8 minutes, and steak is medium-rare, about 10 minutes.
- ☐ Let steak stand on a cutting board 15 minutes; put asparagus on a platter and cover. Thinly slice steak across the grain.
- ☐ • Steak and asparagus can be cooked in a hot lightly oiled large (2-burner) ridged grill pan over medium-high heat, 8 to 12 minutes.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:16.956522070843%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 181.08kcal (9.05%), Fat: 5.84g (8.98%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 3.31g (1.2%), Sugar: 2.24g (2.49%), Cholesterol: 68.04mg (22.68%), Sodium: 338.64mg (14.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.36%), Selenium: 35.93µg (51.33%), Vitamin B3: 7.97mg (39.83%), Vitamin B6: 0.76mg (38.02%), Zinc: 4.78mg (31.85%), Vitamin K: 33µg (31.43%), Phosphorus: 272.92mg (27.29%), Iron: 3.46mg (19.23%), Vitamin B12: 1.07µg (17.86%), Potassium: 555.09mg (15.86%), Vitamin B2: 0.25mg (14.77%), Folate: 55.61µg (13.9%), Vitamin B1: 0.19mg (12.85%), Vitamin A: 621.53IU (12.43%), Copper: 0.24mg (12.18%), Magnesium: 37.21mg (9.3%), Vitamin B5: 0.93mg (9.27%), Vitamin E: 1.25mg (8.33%), Manganese: 0.15mg (7.52%), Fiber: 1.71g (6.84%), Vitamin C: 4.25mg (5.15%), Calcium: 47.57mg (4.76%)