



Grilled Korean Steak



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup soy sauce reduced-sodium
- ☐ 0.5 cup rice vinegar
- ☐ 1 tablespoon ginger finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 6 tablespoons spring onion sliced
- ☐ 4 cloves garlic crushed
- ☐ 2.3 lb beef top sirloin steaks boneless thick

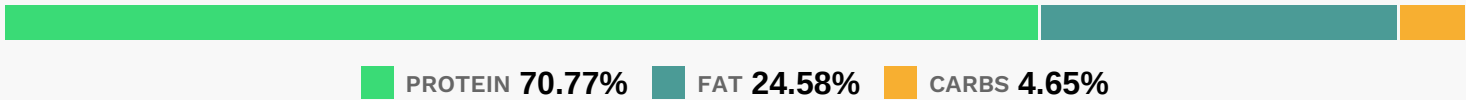
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In large resealable food-storage plastic bag, mix all ingredients except beef.
- ☐ Score beef crosswise by making cuts 1/2 inch apart and 1/4 inch deep (beef will absorb more of the marinade and cook more evenly).
- ☐ Place beef in bag; seal bag and turn to coat. Refrigerate 2 hours to marinate, turning bag once after 1 hour.
- ☐ Heat gas or charcoal grill.
- ☐ Remove beef from marinade; reserve marinade in 1-quart saucepan. Pat beef dry with paper towel.
- ☐ Place beef on grill over medium heat. Cover grill; cook 10 minutes. Turn beef; cover grill and cook 10 to 15 minutes longer for medium-rare (145°F). Cook 2 minutes longer for medium (160°F).
- ☐ Meanwhile, heat reserved marinade to boiling over medium-high heat; boil 3 minutes, stirring frequently.
- ☐ Remove and discard garlic.
- ☐ To serve, cut beef into slices; spoon sauce over beef.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:19.494782670684%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 239.32kcal (11.97%), Fat: 6.2g (9.54%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.16g (0.79%), Sugar: 0.33g (0.37%), Cholesterol: 100.36mg (33.45%), Sodium: 889.63mg (38.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.17g (80.34%), Selenium: 53.78µg (76.83%), Vitamin B6: 1.13mg (56.71%), Vitamin B3: 11.31mg (56.57%), Zinc: 7.04mg (46.94%), Phosphorus: 403.41mg (40.34%), Vitamin B12: 1.6µg (26.65%), Potassium: 715.64mg (20.45%), Iron: 3.2mg (17.79%), Vitamin B2: 0.26mg (15.54%), Magnesium: 57.4mg (14.35%), Vitamin K: 14.36µg (13.68%), Vitamin B5: 1.21mg (12.07%), Vitamin B1: 0.15mg (9.89%), Folate: 35.67µg (8.92%), Manganese: 0.18mg (8.83%), Copper: 0.16mg (7.91%), Calcium: 54.77mg (5.48%), Vitamin E: 0.61mg (4.07%), Vitamin C: 1.82mg (2.21%), Fiber: 0.48g (1.91%), Vitamin A: 61.78IU (1.24%)