



Grilled, Korean-Style Steaks with Spicy Cilantro Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 beef top loin steaks boneless 1-inch-thick () (strip)
- ☐ 0.3 cup medium-dry sherry
- ☐ 0.8 cup cilantro leaves fresh chopped (including roots and stems)
- ☐ 1.5 tablespoons garlic minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 inch chile fresh red hot chopped
- ☐ 1 teaspoon pepper flakes dried red hot

- ☐ 0.5 teaspoon serrano chile fresh minced seeded
- ☐ 1 tablespoon asian sesame oil
- ☐ 0.8 cup soya sauce
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup vegetable oil

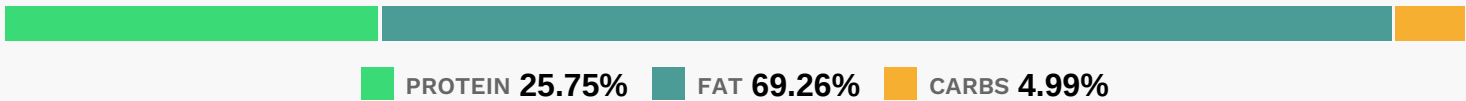
Equipment

- ☐ baking pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ Stir together 3/4 cup soy sauce, Sherry, sugar, 1 1/2 tablespoons garlic, 1 tablespoon sesame oil, and red pepper flakes in a 13- by 9- by 2-inch baking dish until sugar is dissolved, then add steaks, turning to coat. Marinate steaks, turning once, 1 hour.
- ☐ Prepare grill for cooking.
- ☐ Stir together cilantro, vegetable oil, lime juice, remaining 3 tablespoons soy sauce, remaining 1 1/2 teaspoons garlic, remaining 1/2 teaspoon sesame oil, and chile if using.
- ☐ When fire is medium-hot (you can hold your hand 5 inches above rack 3 to 4 seconds), grill steaks on a lightly oiled rack 3 to 4 minutes on each side for medium-rare.
- ☐ Let steaks stand on a cutting board 5 minutes, then top with some sauce and cut crosswise into 3/4-inch-thick slices.
- ☐ Serve remaining sauce on the side.

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:4.68, Inflammation Score:-4, Nutrition Score:23.193478449531%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 744.86kcal (37.24%), Fat: 56.29g (86.6%), Saturated Fat: 19.03g (118.95%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.64g (3.14%), Sugar: 6.78g (7.53%), Cholesterol: 194.36mg (64.79%), Sodium: 1740.45mg (75.67%), Alcohol: 1.03g (100%), Alcohol %: 0.44% (100%), Protein: 47.09g (94.18%), Selenium: 51.74µg (73.91%), Vitamin B6: 1.32mg (65.86%), Vitamin B3: 12.96mg (64.78%), Zinc: 7.69mg (51.3%), Phosphorus: 456.98mg (45.7%), Vitamin B12: 2.08µg (34.65%), Vitamin K: 33.1µg (31.53%), Iron: 4.08mg (22.67%), Potassium: 780.53mg (22.3%), Vitamin B2: 0.29mg (17.33%), Magnesium: 59.94mg (14.99%), Vitamin E: 2.15mg (14.31%), Vitamin B5: 1.39mg (13.87%), Vitamin B1: 0.18mg (12.11%), Manganese: 0.23mg (11.43%), Copper: 0.21mg (10.53%), Folate: 29.99µg (7.5%), Calcium: 63.15mg (6.31%), Vitamin C: 4.42mg (5.36%), Vitamin A: 252.91IU (5.06%), Fiber: 0.49g (1.95%)