 **70%**
HEALTH SCORE

Grilled Sesame Steak

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

READY IN



280 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon peppercorns whole black
- 2 cloves garlic crushed
- 0.3 cup juice of lemon
- 2.5 pound london broil steak
- 0.5 cup sesame oil
- 0.3 cup sesame seed
- 0.5 cup soya sauce
- 1 tablespoon sugar

4 onions yellow sliced

Equipment

frying pan

plastic wrap

baking pan

grill

kitchen thermometer

aluminum foil

Directions

Heat sesame oil in a skillet over medium-high heat. Cook and stir sesame seeds in hot oil until golden brown, about 1 minute.

Transfer seeds and oil immediately to a large glass or ceramic baking dish.

Stir onions, soy sauce, lemon juice, sugar, garlic, and peppercorns into sesame mixture until marinade is evenly combined.

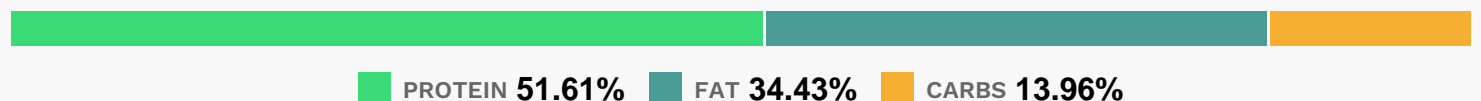
Place steak into marinade, turning to coat all sides. Cover baking dish with plastic wrap and refrigerate, turning steak often, for at least 4 hours or up to overnight.

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Cook the steak on the preheated grill until meat starts to firm and turns reddish-pink and juicy in the center, about 10 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C) for medium rare.

Transfer steak to a plate, cover with aluminum foil, and let rest for about 10 minutes. Slice across the grain.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:5.25, Inflammation Score:-8, Nutrition Score:39.42999985393%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 22.41mg, Quercetin: 22.41mg, Quercetin: 22.41mg

Nutrients (% of daily need)

Calories: 564.74kcal (28.24%), Fat: 21.41g (32.94%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 15.81g (5.75%), Sugar: 8.59g (9.54%), Cholesterol: 172.93mg (57.64%), Sodium: 1807.64mg (78.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.22g (144.45%), Selenium: 95.78µg (136.82%), Vitamin B6: 2.24mg (112%), Vitamin B3: 21.37mg (106.83%), Zinc: 14.26mg (95.1%), Phosphorus: 787.2mg (78.72%), Vitamin B12: 3.83µg (63.79%), Iron: 8.39mg (46.62%), Copper: 0.91mg (45.32%), Potassium: 1363.45mg (38.96%), Manganese: 0.7mg (34.8%), Magnesium: 139.11mg (34.78%), Vitamin B2: 0.53mg (30.96%), Vitamin B1: 0.44mg (29.52%), Vitamin B5: 2.21mg (22.08%), Calcium: 220.22mg (22.02%), Folate: 81.08µg (20.27%), Vitamin C: 14.51mg (17.59%), Fiber: 3.72g (14.9%), Vitamin E: 0.98mg (6.52%), Vitamin K: 5.06µg (4.82%)