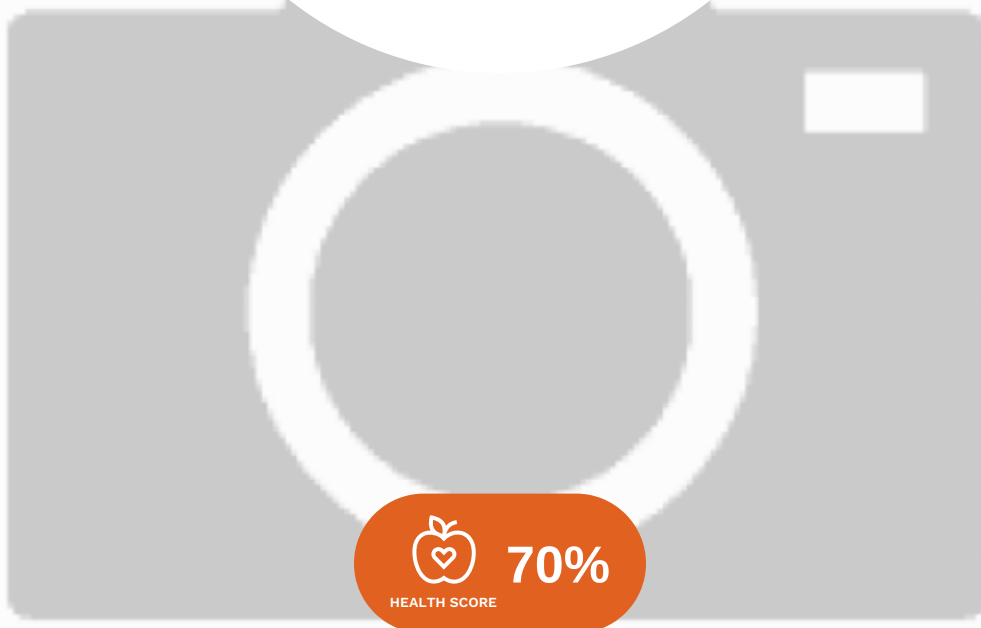




Grilled Sesame Steak



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

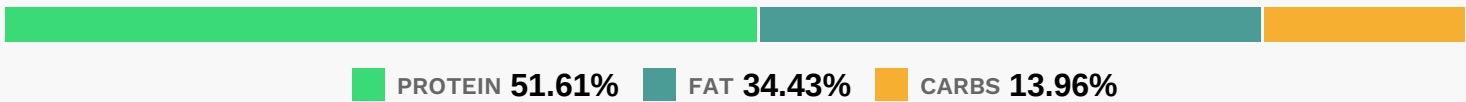
Equipment

- ☐ 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, 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: Og (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%)