



Grilled Steak with Teriyaki Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 ounce beef tenderloin steaks trimmed (3/)



2 teaspoons sesame oil dark



0.8 cup soy sauce low-sodium



0.8 cup rice wine sweet (rice wine)

Equipment



bowl



paper towels



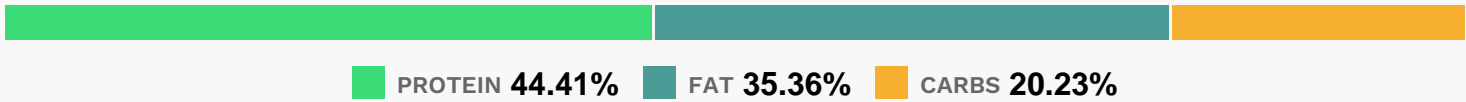
sauce pan

☐ grill

Directions

- ☐ Combine mirin and soy sauce in a medium saucepan; bring to a boil over medium-high heat. Cook until reduced to 3/4 cup (about 12 minutes).
- ☐ Pour into a bowl; cool completely. Stir in oil. (
- ☐ Mixture will thicken as it cools.)
- ☐ Combine half of soy mixture and steaks in a shallow dish, turning to coat. Cover and marinate in refrigerator 2 hours, turning occasionally. Reserve remaining soy mixture.
- ☐ Remove steaks from refrigerator; discard soy mixture in dish.
- ☐ Let steaks stand at room temperature 20 minutes.
- ☐ Prepare grill.
- ☐ Pat steaks lightly with a paper towel.
- ☐ Place steaks on grill rack coated with cooking spray; grill 3 minutes. Turn steaks over; spoon reserved soy mixture over tops of steaks. Grill 3 minutes or until desired degree of doneness.
- ☐ Remove from grill.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.8600000441074%

Nutrients (% of daily need)

Calories: 73.6kcal (3.68%), Fat: 1.91g (2.94%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.12g (0.13%), Cholesterol: 9.07mg (3.02%), Sodium: 868.87mg (37.78%), Alcohol: 3.62g (100%), Alcohol %: 7.46% (100%), Protein: 5.4g (10.81%), Phosphorus: 70.66mg (7.07%), Selenium: 4.76µg (6.8%), Vitamin B6: 0.13mg (6.32%), Vitamin B3: 1.18mg (5.9%), Magnesium: 21.1mg (5.28%), Manganese: 0.1mg (5.15%), Zinc: 0.76mg (5.04%), Vitamin B2: 0.07mg (4.36%), Potassium: 139.95mg (4%), Iron: 0.57mg (3.18%), Folate: 12.36µg (3.09%), Vitamin B12: 0.13µg (2.2%), Vitamin B5: 0.17mg (1.68%), Vitamin B1: 0.02mg (1.34%), Copper: 0.02mg (1.23%), Calcium: 11.42mg (1.14%), Vitamin E: 0.16mg (1.04%)