



WHATSheATE



Grilled Teriyaki Steak Skewers



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound flank steak
- ☐ 3 cloves garlic finely chopped
- ☐ 1.5 teaspoons pepper
- ☐ 4 scallions light white green sliced
- ☐ 1 tablespoon sesame seed toasted
- ☐ 0.3 cup bottled teriyaki sauce

Equipment

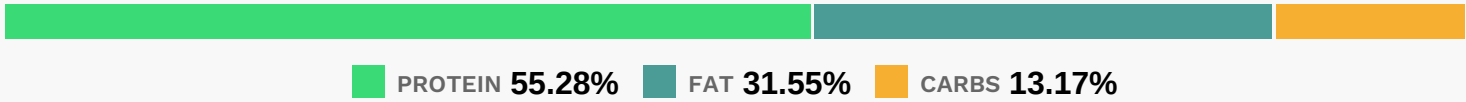
- ☐ grill

- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Combine teriyaki sauce, garlic and pepper in a large ziplock bag.
- ☐ Add steak, seal and turn several times to coat with marinade.
- ☐ Let stand 15 minutes at room temperature.
- ☐ Preheat grill to high. Thread meat onto thin metal skewers; oil grates. Grill steak, turning once, until cooked to desired doneness (1 to 2 minutes per side for medium-rare).
- ☐ Transfer skewers to a serving platter, sprinkle with scallions and sesame seeds and serve.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:14.90565221206%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 197.25kcal (9.86%), Fat: 6.73g (10.35%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.51g (2%), Sugar: 3.7g (4.11%), Cholesterol: 68.04mg (22.68%), Sodium: 981.97mg (42.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.04%), Selenium: 34.83µg (49.76%), Vitamin B6: 0.76mg (38.16%), Vitamin B3: 7.54mg (37.72%), Zinc: 4.6mg (30.69%), Phosphorus: 287.67mg (28.77%), Vitamin K: 27.47µg (26.16%), Vitamin B12: 1.03µg (17.2%), Iron: 2.73mg (15.19%), Potassium: 502.16mg (14.35%), Magnesium: 50.85mg (12.71%), Copper: 0.22mg (10.75%), Manganese: 0.21mg (10.71%), Vitamin B2: 0.17mg (9.74%), Vitamin B5: 0.8mg (7.96%), Vitamin B1: 0.12mg (7.77%), Folate: 26.48µg (6.62%), Calcium: 65.35mg (6.53%), Vitamin C: 2.96mg (3.59%), Fiber: 0.81g (3.24%), Vitamin E: 0.41mg (2.73%), Vitamin A: 124.13IU (2.48%)