



Hawaiian Beef Teriyaki



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons brown sugar
- ☐ 0.5 inch ginger fresh
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon mint leaves thinly sliced
- ☐ 1 pineapple peeled sliced lengthwise
- ☐ 1.5 pounds rump steak cut into 1/4-inch strips
- ☐ 0.8 cup soya sauce
- ☐ 0.5 cup water

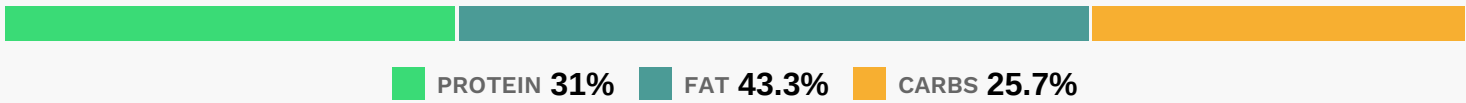
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine soy sauce, ginger, garlic, sugar and water. Marinate meat in the mixture in a plastic bag overnight in the refrigerator.
- ☐ Preheat the grill to high heat. Skewer meat on skewers. Cook over hot coals until done to your liking, about 4 to 5 minutes for medium rare.
- ☐ Place pineapple slices on grill. Cook on both sides until there are grill marks and the natural sugars have helped it to brown, about 2 minutes per side.
- ☐ Place beef skewers on top of grilled pineapple slices and garnish with mint.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:15.93, Inflammation Score:-7, Nutrition Score:30.175651853499%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 525.23kcal (26.26%), Fat: 25.55g (39.3%), Saturated Fat: 10.25g (64.08%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 30.47g (11.08%), Sugar: 24.5g (27.23%), Cholesterol: 95.25mg (31.75%), Sodium: 2526.55mg (109.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.15g (82.3%), Vitamin C: 108.82mg (131.91%), Manganese: 2.37mg (118.34%), Vitamin B12: 4.73µg (78.81%), Vitamin B6: 1mg (49.98%), Vitamin B3: 9.06mg (45.3%), Selenium: 28.77µg (41.1%), Zinc: 6.07mg (40.44%), Phosphorus: 373.04mg (37.3%), Iron: 5.2mg (28.9%), Vitamin B2: 0.45mg (26.42%), Potassium: 880.18mg (25.15%), Vitamin B1: 0.38mg (25.15%), Copper: 0.46mg

(22.79%), Magnesium: 80.56mg (20.14%), Folate: 60.32µg (15.08%), Fiber: 3.65g (14.6%), Vitamin B5: 1.19mg (11.85%), Calcium: 54.99mg (5.5%), Vitamin A: 184.39IU (3.69%), Vitamin K: 1.6µg (1.52%)