



Hoisin Flank Steak with Asian Cucumber Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup matchstick-cut carrot
- 2 cups cucumber peeled seeded thinly sliced
- 2 teaspoons fish sauce
- 1 pound flank steak trimmed
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon bottled ground ginger fresh
- 3 tablespoons hoisin sauce
- 2 tablespoons juice of lime fresh

- 0.3 cup thinly onion red vertically sliced
- 0.5 teaspoon orange rind grated
- 0.1 teaspoon salt
- 1 tablespoon sugar

Equipment

- bowl
- oven
- broiler
- cutting board
- broiler pan

Directions

- Preheat broiler.
- Combine first 3 ingredients in a small bowl.
- Brush steak with half of hoisin mixture.
- Place steak on a broiler pan coated with cooking spray. Broil 6 minutes. Turn steak over; brush with remaining hoisin mixture. Broil 6 minutes or until desired degree of doneness.
- Place steak on a cutting board; let stand 5 minutes.
- Combine cucumber and remaining ingredients in a bowl; toss to combine.
- Cut steak diagonally across grain into thin slices.
- Serve with cucumber salad.
- Spiced wonton chips: Thaw 8 wonton wrappers, if frozen.
- Cut wrappers in half diagonally; brush tops of wrappers evenly with 2 teaspoons dark sesame oil.
- Combine 1/4 teaspoon Chinese five-spice powder and 1/8 teaspoon salt in a small bowl.
- Sprinkle wrappers evenly with five-spice powder mixture.
- Bake at 450 for 3 minutes or just until crisp.

Nutrition Facts

PROTEIN 48.91% FAT 26.96% CARBS 24.13%

Properties

Glycemic Index:47.73, Glycemic Load:2.7, Inflammation Score:-8, Nutrition Score:15.286521880523%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 213.43kcal (10.67%), Fat: 6.25g (9.61%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 11.26g (4.09%), Sugar: 8.24g (9.16%), Cholesterol: 68.4mg (22.8%), Sodium: 570.29mg (24.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.02%), Selenium: 34.37µg (49.11%), Vitamin B6: 0.77mg (38.45%), Vitamin B3: 7.45mg (37.24%), Zinc: 4.56mg (30.42%), Vitamin A: 1397.34IU (27.95%), Phosphorus: 255.49mg (25.55%), Vitamin B12: 1.05µg (17.44%), Potassium: 556.75mg (15.91%), Manganese: 0.29mg (14.57%), Iron: 2.19mg (12.19%), Magnesium: 44.77mg (11.19%), Vitamin B2: 0.19mg (10.89%), Vitamin B5: 0.93mg (9.33%), Folate: 32.71µg (8.18%), Copper: 0.16mg (7.98%), Vitamin B1: 0.12mg (7.7%), Vitamin C: 6.02mg (7.3%), Vitamin K: 7.66µg (7.3%), Fiber: 1.33g (5.3%), Calcium: 45.36mg (4.54%), Vitamin E: 0.46mg (3.05%)