



Hoisin-Ginger Beef Skewers



Gluten Free



Dairy Free



Popular

READY IN



160 min.

SERVINGS



20

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 inch bamboo skewers for 20 minutes
- ☐ 1 teaspoon chile-garlic sauce sriracha® (such as)
- ☐ 2 pounds flank steak
- ☐ 1 teaspoon ginger root fresh grated peeled
- ☐ 1 clove garlic minced
- ☐ 2 green onions chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup hoisin sauce

- ☐ 1 tablespoon honey
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 tablespoon sesame seed toasted

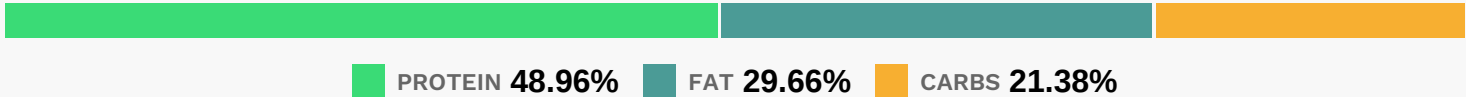
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Thinly slice the flank steak across the grain and at an angle, creating slices 1 inch wide by 1/4 inch thick.
- ☐ Whisk together the hoisin sauce, lime juice, honey, garlic, salt, ginger, sesame oil, chile-garlic sauce, red pepper flakes, and black pepper in a bowl; pour into a resealable plastic bag.
- ☐ Add the sliced flank steak, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 to 12 hours.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Remove the flank steak from the marinade, and discard the remaining marinade. Thread the meat onto the skewers.
- ☐ Cook the skewers on the preheated grill until cooked to your desired degree of doneness, 2 to 3 minutes per side for well done.
- ☐ Garnish with toasted sesame seeds and chopped green onions to serve.

Nutrition Facts



Properties

Glycemic Index:11.41, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:5.0739130196364%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 84.5kcal (4.23%), Fat: 2.72g (4.18%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 4.07g (1.48%), Sugar: 2.86g (3.18%), Cholesterol: 27.42mg (9.14%), Sodium: 265.21mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Selenium: 13.7µg (19.57%), Vitamin B3: 2.94mg (14.71%), Vitamin B6: 0.29mg (14.4%), Zinc: 1.81mg (12.07%), Phosphorus: 98.16mg (9.82%), Vitamin B12: 0.41µg (6.88%), Potassium: 173.5mg (4.96%), Iron: 0.87mg (4.82%), Vitamin B2: 0.07mg (4.15%), Magnesium: 13.66mg (3.41%), Copper: 0.06mg (3.14%), Vitamin K: 3.17µg (3.02%), Vitamin B5: 0.3mg (2.97%), Vitamin B1: 0.04mg (2.52%), Folate: 8.87µg (2.22%), Manganese: 0.04mg (2.2%), Calcium: 17.48mg (1.75%), Fiber: 0.33g (1.33%), Vitamin E: 0.19mg (1.25%)