



Hoisin-Glazed Steak with Sesame Vegetables

 Dairy Free

READY IN



36 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 cup cucumber english halved lengthwise diagonally sliced
- ☐ 1 teaspoon fish sauce
- ☐ 1 pound flank steak trimmed
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 teaspoon garlic minced

- ☐ 3 tablespoons hoisin sauce
- ☐ 1 teaspoon soy sauce
- ☐ 4 servings soup noodles
- ☐ 1 cup radishes halved sliced
- ☐ 1 teaspoon rice vinegar
- ☐ 0.1 teaspoon salt

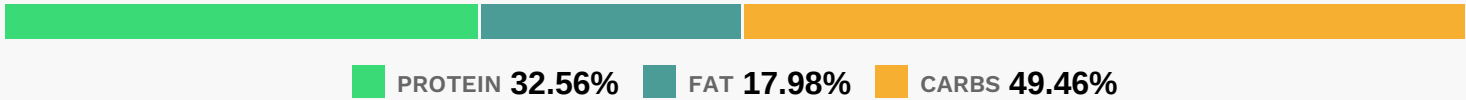
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Combine vinegar, sesame oil, and soy sauce in a medium bowl; add cucumber and radishes.
- ☐ Sprinkle with cilantro and salt; toss gently to coat.
- ☐ Combine hoisin and next 4 ingredients (through red pepper) in a small bowl.
- ☐ Brush half of hoisin mixture over steak.
- ☐ Place steak on a grill rack coated with cooking spray; grill 5 minutes. Turn steak over, and brush with remaining hoisin mixture; grill 5 minutes or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak across the grain into thin slices; serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:17.06, Inflammation Score:-5, Nutrition Score:19.585652444674%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 410.46kcal (20.52%), Fat: 8.01g (12.33%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 46.77g (17.01%), Sugar: 5.84g (6.49%), Cholesterol: 68.4mg (22.8%), Sodium: 507.84mg (22.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.65g (65.3%), Selenium: 69.61µg (99.44%), Vitamin B3: 8.34mg (41.68%), Vitamin B6: 0.83mg (41.31%), Phosphorus: 355.91mg (35.59%), Zinc: 5.34mg (35.59%), Manganese: 0.63mg (31.34%), Potassium: 653.13mg (18.66%), Vitamin B12: 1.04µg (17.32%), Magnesium: 68.14mg (17.03%), Iron: 2.85mg (15.84%), Copper: 0.29mg (14.68%), Vitamin B2: 0.22mg (12.8%), Fiber: 2.83g (11.31%), Vitamin B5: 1.1mg (10.97%), Vitamin B1: 0.15mg (9.75%), Folate: 38.7µg (9.67%), Vitamin K: 9.5µg (9.05%), Vitamin C: 5.61mg (6.79%), Calcium: 54.48mg (5.45%), Vitamin E: 0.53mg (3.5%), Vitamin A: 134.84IU (2.7%)