



Korean-Style Grilled Flank Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound flank steak
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon ginger grated peeled
- ☐ 1 leaf rice white soft
- ☐ 2 tablespoons rice vinegar (not seasoned)
- ☐ 2 spring onion finely chopped
- ☐ 1.5 teaspoons sesame oil
- ☐ 2 tablespoons sesame seed toasted

- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons sriracha (Southeast Asian chile sauce)
- ☐ 2 teaspoons sugar

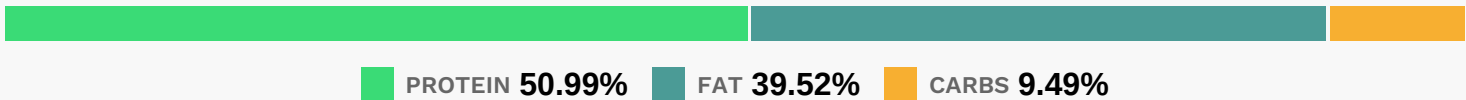
Equipment

- ☐ grill
- ☐ cutting board

Directions

- ☐ Stir together soy sauce, vinegar, ginger, garlic, Sriracha, sugar, and sesame oil.
- ☐ Prepare a gas grill for direct-heat cooking over medium-high heat.
- ☐ Oil grill rack, then grill steak, covered, turning over once, 6 to 8 minutes for medium-rare.
- ☐ Transfer steak to a cutting board and drizzle with 2 tablespoons sauce, then let stand, uncovered, 5 minutes. Thinly slice steak across the grain.
- ☐ Serve with remaining sauce, scallions, and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:77.07, Glycemic Load:1.99, Inflammation Score:-3, Nutrition Score:14.534782616988%

Flavonoids

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: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 214.95kcal (10.75%), Fat: 9.21g (14.18%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.17g (1.52%), Sugar: 2.46g (2.73%), Cholesterol: 68.04mg (22.68%), Sodium: 924.88mg (40.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.5%), Selenium: 35.19µg (50.27%), Vitamin B3: 7.87mg (39.37%), Vitamin B6: 0.77mg (38.3%), Zinc: 4.76mg (31.73%), Phosphorus: 277.86mg (27.79%), Vitamin B12: 1.03µg (17.2%), Iron: 2.8mg (15.56%), Copper: 0.28mg (13.93%), Vitamin K: 14.05µg (13.38%), Potassium: 466.35mg (13.32%), Magnesium: 47.17mg (11.79%), Manganese: 0.22mg (10.88%), Vitamin B2: 0.17mg (10.04%), Vitamin B1:

0.13mg (8.53%), Vitamin B5: 0.79mg (7.88%), Calcium: 72.4mg (7.24%), Folate: 25.43µg (6.36%), Vitamin C: 2.95mg (3.57%), Fiber: 0.8g (3.22%), Vitamin E: 0.4mg (2.67%), Vitamin A: 63.49IU (1.27%)