



London Broil with Soy Citrus Mayonnaise

 Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings grilled country bread toasted
- ☐ 1 pinch cayenne
- ☐ 0.5 cup cooking wine dry red
- ☐ 5 garlic cloves peeled smashed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2.5 lb top-round london broil thick ()
- ☐ 1 cup mayonnaise
- ☐ 3 tablespoons olive oil

- ☐ 0.3 cup orange juice fresh
- ☐ 1 bunch scallions cut into 3-inch lengths
- ☐ 0.8 cup fine-quality fermented soy sauce
- ☐ 0.5 teaspoon pepper white

Equipment

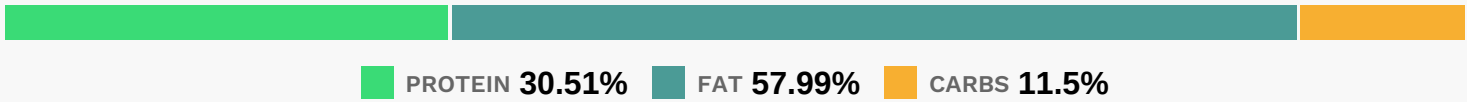
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Combine soy sauce, red wine, juices, 2 tablespoons oil, scallions, garlic, white pepper, and cayenne in a 1-quart heavy-duty sealable plastic bag.
- ☐ Add steak and seal bag, pressing out air. Turn bag to coat steak, then marinate, chilled, turning bag occasionally, at least 4 hours.
- ☐ Transfer steak to a plate and pour 2 tablespoons marinade through a fine-mesh sieve into a 1-quart heavy saucepan, discarding remainder or reserving for another use (see cooks' note, below). Bring steak to room temperature, about 30 minutes.
- ☐ Heat remaining tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook steak, uncovered, until underside is browned, about 5 minutes. Turn steak over, then reduce heat to moderately low and cover skillet. Continue cooking until thermometer inserted horizontally 2 inches into center of steak registers 120°F, 10 to 12 minutes.
- ☐ Transfer to a cutting board and let stand at least 15 minutes (internal temperature of steak will rise to 130–135°F for medium-rare).

- ☐ While steak cooks and stands, bring marinade in saucepan to a boil, then pour into a bowl and cool completely.
- ☐ Whisk in mayonnaise until combined well and chill, covered, until ready to serve.
- ☐ Holding knife at a 45-degree angle, cut steak across the grain into very thin slices and transfer to a platter, then drizzle with any juices accumulated on cutting board.
- ☐ Serve at room temperature or slightly chilled, with mayonnaise.
- ☐ •Steak can be marinated up to 1 day. •Soy citrus mayonnaise can be chilled up to 5 days. •If reserving remaining marinade for another use, strain and cool completely, uncovered, then freeze in sealed bag. Thaw, then boil 1 minute before using. *Available at Uwajimaya (800-889-1928).

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:8.48, Inflammation Score:-6, Nutrition Score:31.808261124984%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 684.26kcal (34.21%), Fat: 42.67g (65.65%), Saturated Fat: 7.73g (48.29%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.41g (6.33%), Sugar: 3.84g (4.27%), Cholesterol: 130.97mg (43.66%), Sodium: 2111.86mg (91.82%), Alcohol: 2.1g (100%), Alcohol %: 0.78% (100%), Protein: 50.51g (101.03%), Selenium: 69.85µg (99.79%), Vitamin B3: 15.82mg (79.08%), Vitamin K: 77.06µg (73.39%), Vitamin B6: 1.42mg (70.98%), Zinc: 9.17mg (61.12%), Phosphorus: 513.82mg (51.38%), Vitamin B12: 2.6µg (43.27%), Iron: 5.7mg (31.68%), Manganese: 0.57mg (28.32%), Potassium: 873mg (24.94%), Vitamin B2: 0.41mg (24.21%), Vitamin B1: 0.34mg (22.51%), Vitamin E: 2.88mg (19.22%), Magnesium: 74.43mg (18.61%), Vitamin B5: 1.74mg (17.44%), Folate: 66.18µg (16.55%), Copper: 0.31mg (15.5%),

Vitamin C: 12.46mg (15.1%), Calcium: 95.43mg (9.54%), Fiber: 1.61g (6.46%), Vitamin A: 100.03IU (2%)