



Maple and Soy-Glazed Flank Steak

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 pound flank steak trimmed
- ☐ 3 tablespoons lower-sodium soy sauce
- ☐ 3 tablespoons maple syrup
- ☐ 2 tablespoons sake dry (rice wine)
- ☐ 1 teaspoon sriracha such as huy fong) hot

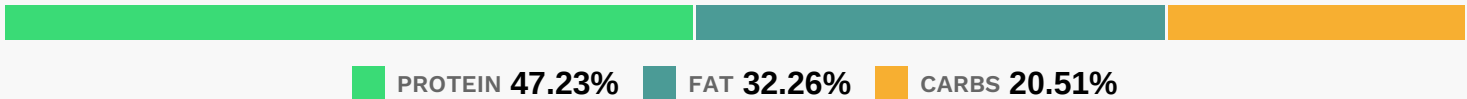
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Pierce steak gently on both sides.
- ☐ Combine steak and next 6 ingredients (through pepper) in a shallow dish; turn to coat. Marinate at room temperature 20 minutes, turning occasionally.
- ☐ Remove steak from marinade, reserving marinade.
- ☐ Place steak on a broiler pan coated with cooking spray.
- ☐ Pour marinade into a small skillet; bring to a boil, stirring well. Cook over medium-high heat 3 minutes or until thick and syrupy.
- ☐ Brush steak with half of glaze; broil 5 minutes. Turn steak over, and brush with remaining glaze; broil 5 minutes or until desired degree of doneness.
- ☐ Place steak on a cutting board; let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:3.73, Inflammation Score:-2, Nutrition Score:13.113478344744%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 226.79kcal (11.34%), Fat: 7.71g (11.86%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.93g (3.97%), Sugar: 9.13g (10.15%), Cholesterol: 68.04mg (22.68%), Sodium: 520.27mg (22.62%),

Alcohol: 0.77g (100%), Alcohol %: 0.65% (100%), Protein: 25.4g (50.81%), Selenium: 33.52µg (47.89%), Vitamin B3: 7.22mg (36.11%), Vitamin B6: 0.71mg (35.54%), Zinc: 4.55mg (30.36%), Phosphorus: 250.54mg (25.05%), Manganese: 0.43mg (21.28%), Vitamin B2: 0.35mg (20.69%), Vitamin B12: 1.03µg (17.2%), Potassium: 470.27mg (13.44%), Iron: 1.96mg (10.87%), Magnesium: 37.28mg (9.32%), Vitamin B5: 0.76mg (7.58%), Vitamin B1: 0.1mg (6.48%), Folate: 20.17µg (5.04%), Copper: 0.09mg (4.5%), Calcium: 44.8mg (4.48%), Vitamin E: 0.41mg (2.72%), Vitamin K: 1.79µg (1.7%)