



Miso Sesame Grilled Blade Steaks



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons mirin sweet (Japanese rice wine)
- ☐ 2 tablespoons miso
- ☐ 1 teaspoon asian sesame oil
- ☐ 1 teaspoon soya sauce
- ☐ 1.5 pounds blade steaks ()

Equipment

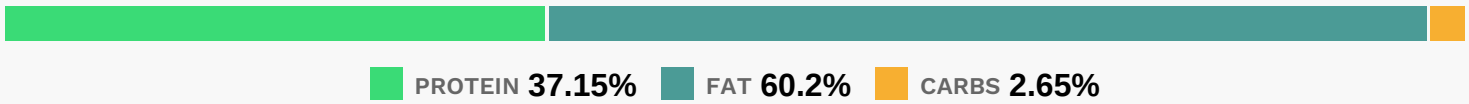
- ☐ whisk
- ☐ grill

☐ grill pan

Directions

- ☐ Whisk together all ingredients except steaks. With kitchen shears in middle of steaks, snip once through center gristle to prevent curling. Pat steaks dry and coat with miso mixture.
- ☐ Let stand 10 to 20 minutes.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas); see grilling procedure
- ☐ Oil grill rack, then grill steaks, covered only if using a gas grill, turning over once, 4 to 6 minutes total for medium-rare.
- ☐ Serve with: Spicy Napa cabbage slaw and steamed rice
- ☐ Steaks can be cooked in a hot oiled large (2-burner) ridged grill pan over medium heat.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.05, Inflammation Score:-2, Nutrition Score:16.210434618527%

Nutrients (% of daily need)

Calories: 387.91kcal (19.4%), Fat: 25.56g (39.33%), Saturated Fat: 10.93g (68.3%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.05g (0.75%), Sugar: 0.55g (0.61%), Cholesterol: 103.76mg (34.59%), Sodium: 489.4mg (21.28%), Alcohol: 0.91g (100%), Alcohol %: 0.61% (100%), Protein: 35.5g (70.99%), Selenium: 42.19µg (60.27%), Zinc: 8.95mg (59.67%), Vitamin B12: 2.83µg (47.17%), Vitamin B3: 8.46mg (42.32%), Vitamin B6: 0.7mg (34.93%), Phosphorus: 260.74mg (26.07%), Vitamin B2: 0.43mg (25.21%), Iron: 3.18mg (17.66%), Potassium: 478.3mg (13.67%), Vitamin B1: 0.16mg (10.59%), Magnesium: 40.74mg (10.18%), Copper: 0.17mg (8.55%), Vitamin K: 5.18µg (4.93%), Manganese: 0.08mg (4.03%), Fiber: 0.47g (1.88%), Folate: 6.99µg (1.75%), Calcium: 17.33mg (1.73%), Vitamin D: 0.17µg (1.13%)