



Pan-Grilled Flank Steak with Soy-Mustard Sauce

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garlicky asparagus
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon canola oil
- ☐ 1 teaspoon dijon mustard
- ☐ 1 pound flank steak trimmed
- ☐ 2 tablespoons cilantro leaves fresh divided chopped
- ☐ 1.5 teaspoons garlic fresh minced

- ☐ 4 servings garlic potatoes mashed
- ☐ 1.5 tablespoons heavy whipping cream
- ☐ 0.4 teaspoon kosher salt
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 0.8 teaspoon sugar

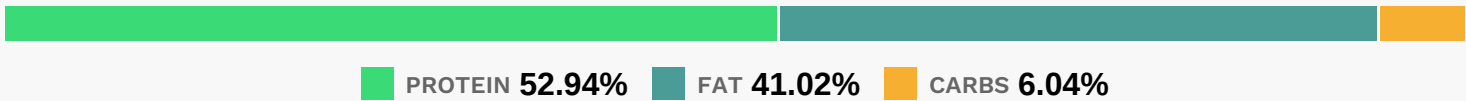
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan over high heat.
- ☐ Sprinkle steak evenly with salt and pepper. Lightly coat the steak with cooking spray.
- ☐ Add steak to pan; grill for 5 minutes on each side or until desired degree of doneness.
- ☐ Let stand 3 minutes.
- ☐ Heat a small skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add garlic; cook for 30 seconds or until fragrant.
- ☐ Add soy sauce, mustard, and sugar; cook 1 minute or until bubbly.
- ☐ Remove pan from heat. Stir in cream and 1 tablespoon cilantro.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Sprinkle with remaining 1 tablespoon cilantro.
- ☐ Serve sauce with steak.

Nutrition Facts



Properties

Glycemic Index:64.52, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:12.442608755568%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 198.24kcal (9.91%), Fat: 8.8g (13.53%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.03g (1.15%), Cholesterol: 74.4mg (24.8%), Sodium: 582.23mg (25.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.08%), Selenium: 34.71µg (49.58%), Vitamin B6: 0.75mg (37.72%), Vitamin B3: 7.21mg (36.03%), Zinc: 4.48mg (29.89%), Phosphorus: 254.08mg (25.41%), Vitamin B12: 1.04µg (17.35%), Potassium: 443.39mg (12.67%), Iron: 1.99mg (11.05%), Vitamin B2: 0.17mg (9.86%), Magnesium: 32.9mg (8.23%), Vitamin B5: 0.79mg (7.88%), Manganese: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.55%), Copper: 0.1mg (5.24%), Folate: 19.36µg (4.84%), Vitamin E: 0.61mg (4.09%), Calcium: 39.25mg (3.93%), Vitamin K: 3.58µg (3.41%), Vitamin A: 105.69IU (2.11%), Vitamin C: 1.44mg (1.74%), Fiber: 0.25g (1.02%)