



Ponzu-Glazed Flank Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound flank steak trimmed
- ☐ 2 teaspoons bottled ground ginger fresh (such as Spice World)
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons soya sauce low-sodium

Equipment

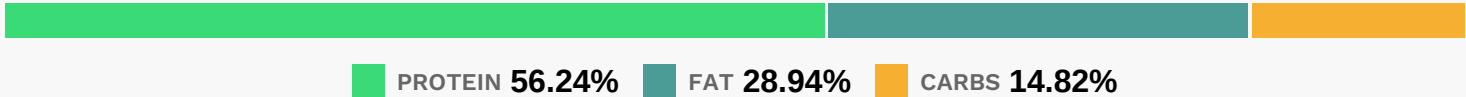
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 5 ingredients in a small saucepan over medium-high heat; bring to a boil. Cook 3 minutes, and remove from heat.
- ☐ Place steak on a foil-lined broiler pan.
- ☐ Brush half of soy mixture over steak; broil 5 minutes or until browned. Turn steak over; brush with remaining soy mixture. Broil for 5 minutes or until browned.
- ☐ Remove from oven; wrap foil around steak.
- ☐ Let stand 5 minutes before slicing.
- ☐ Serve steak with pan juices.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:2.26, Inflammation Score:-2, Nutrition Score:12.670869743047%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 182.75kcal (9.14%), Fat: 5.76g (8.86%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 6.38g (2.32%), Sugar: 4.7g (5.22%), Cholesterol: 68.04mg (22.68%), Sodium: 348.81mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.38%), Selenium: 34.11µg (48.72%), Vitamin B3: 7.27mg (36.36%), Vitamin B6: 0.71mg (35.63%), Zinc: 4.46mg (29.76%), Phosphorus: 245.88mg (24.59%),

Manganese: 0.39mg (19.29%), Vitamin B12: 1.03µg (17.2%), Potassium: 447.28mg (12.78%), Iron: 2.09mg (11.6%),
Vitamin B2: 0.16mg (9.15%), Magnesium: 33.76mg (8.44%), Vitamin B5: 0.77mg (7.67%), Vitamin C: 5.19mg (6.29%),
Vitamin B1: 0.09mg (5.93%), Folate: 20.75µg (5.19%), Copper: 0.1mg (4.83%), Calcium: 29.17mg (2.92%), Vitamin E:
0.39mg (2.6%), Vitamin K: 1.41µg (1.35%), Fiber: 0.26g (1.04%)