



Red Curry Flank Steak

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon curry powder red
- 3 tablespoons fish sauce
- 1.5 pound flank steak
- 1 bunch basil fresh
- 3 cloves garlic crushed
- 1 tablespoon ginger freshly grated
- 1 teaspoon hot sauce
- 0.5 teaspoon curry paste red

0.3 cup seasoned rice vinegar

Equipment

whisk

grill

kitchen thermometer

Directions

Whisk rice vinegar, fish sauce, grated ginger, garlic, hot sauce, red curry powder, and red curry paste in a shallow dish. Set aside.

Puncture flank steak several times with a fork and place in the vinegar mixture. Cover and marinate at room temperature for 1 hour.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Place steak on the grill and basil on top of steak. Grill steak for 6 minutes.

Remove basil, turn meat over, and place basil back on top of steak. Cook the steak until it begins to firm and is hot and slightly pink in the center, about 6 more minutes. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).

Nutrition Facts


■ PROTEIN 63.57% ■ FAT 33.08% ■ CARBS 3.35%

Properties

Glycemic Index:42.5, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:18.520869721537%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 248.29kcal (12.41%), Fat: 8.66g (13.33%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.66g (0.61%), Sugar: 0.63g (0.7%), Cholesterol: 102.06mg (34.02%), Sodium: 1177.61mg (51.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.45g (74.9%), Selenium: 51.91µg (74.16%), Vitamin B6: 1.12mg (56.18%), Vitamin B3: 10.97mg (54.85%), Zinc: 6.61mg (44.09%), Phosphorus: 352.19mg (35.22%), Vitamin B12:

1.61µg (26.88%), Potassium: 650.57mg (18.59%), Iron: 3.01mg (16.73%), Magnesium: 65.12mg (16.28%), Vitamin B2: 0.21mg (12.36%), Vitamin B5: 1.11mg (11.1%), Vitamin K: 10.9µg (10.38%), Vitamin B1: 0.13mg (8.76%), Folate: 31.45µg (7.86%), Copper: 0.15mg (7.73%), Manganese: 0.15mg (7.27%), Calcium: 53.72mg (5.37%), Vitamin A: 212.31IU (4.25%), Vitamin E: 0.63mg (4.18%), Vitamin C: 2.07mg (2.51%), Fiber: 0.31g (1.23%)