



## Simple Dijon Flank Steak

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup dijon mustard
- 1 pound flank steak trimmed (3/)
- 1 teaspoon ginger fresh grated peeled
- 2 garlic cloves
- 2 tablespoons juice of lime
- 0.3 cup soya sauce low-sodium
- 2 teaspoons sesame oil

### Equipment

- broiler
- ziploc bags
- broiler pan

## Directions

- Combine first 6 ingredients in a large zip-top plastic bag; add steak. Seal bag; marinate in refrigerator 24 hours, turning bag occasionally.
- Preheat broiler.
- Remove steak from bag, discarding marinade.
- Place steak on a broiler pan coated with cooking spray. Broil 6 to 8 minutes on each side or until desired degree of doneness.
- Let steak stand 5 minutes.

## Nutrition Facts

**PROTEIN 55.23%** **FAT 38.67%** **CARBS 6.1%**

## Properties

Glycemic Index:19.25, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:13.317391175291%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 196.12kcal (9.81%), Fat: 8.26g (12.71%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.45g (0.5%), Cholesterol: 68.04mg (22.68%), Sodium: 805.51mg (35.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.08%), Selenium: 39.05µg (55.78%), Vitamin B6: 0.74mg (37.23%), Vitamin B3: 7.36mg (36.78%), Zinc: 4.59mg (30.63%), Phosphorus: 275.84mg (27.58%), Vitamin B12: 1.03µg (17.2%), Potassium: 483mg (13.8%), Iron: 2.24mg (12.47%), Magnesium: 44.6mg (11.15%), Vitamin B2: 0.18mg (10.7%), Manganese: 0.17mg (8.63%), Vitamin B5: 0.83mg (8.31%), Vitamin B1: 0.12mg (8.16%), Folate: 23.69µg (5.92%), Copper: 0.11mg (5.49%), Calcium: 42.24mg (4.22%), Fiber: 0.85g (3.41%), Vitamin C: 2.81mg (3.4%), Vitamin E: 0.5mg (3.3%), Vitamin K: 1.94µg (1.84%)