



Sirloin With Teriyaki Broth

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

READY IN



25 min.

SERVINGS



4

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 inch pieces
- 1 tablespoon brown sugar packed
- 3 teaspoons ginger grated peeled
- 3 tablespoons oyster sauce
- 4 servings pepper freshly ground
- 4 servings roughly chop the radish greens. cut the radishes into eighths
- 1 bunch radishes (with greens)
- 1 bunch scallions (white green separated)

- 4 servings sesame oil toasted for drizzling
- 1.5 pounds rump steak boneless thick ()
- 2 small sweet potatoes peeled cut into 1/4-inch-thick rounds
- 5 tablespoons teriyaki sauce
- 2 tablespoons unseasoned rice vinegar
- 4 servings vegetable oil for the pan

Equipment

- bowl
- sauce pan
- grill pan
- cutting board

Directions

- Heat a grill pan over medium-high heat.
- Mix 2 tablespoons teriyaki sauce, 2 tablespoons oyster sauce, 1 teaspoon ginger and 1/2 teaspoon pepper in a bowl, then spread over the steak. Lightly oil the grill pan, then cook the steak about 5 minutes per side for medium rare.
- Transfer to a cutting board and let rest 5 minutes, then thinly slice.
- Meanwhile, bring the remaining 3 tablespoons teriyaki sauce, 1 tablespoon oyster sauce and 2 teaspoons ginger, the vinegar, brown sugar and 2 1/2 cups water to a simmer in a saucepan, stirring to dissolve the sugar.
- Add the sweet potatoes, radish wedges and scallion whites and cook, covered, stirring occasionally, until just tender, about 10 minutes.
- Add the radish and scallion greens and cook until crisp-tender, about 5 minutes. Divide the vegetables, broth and steak among shallow bowls.
- Drizzle with sesame oil.

Nutrition Facts

  
 PROTEIN **21.04%**  FAT **66.4%**  CARBS **12.56%**

Properties

Glycemic Index:67.75, Glycemic Load:6.95, Inflammation Score:-10, Nutrition Score:26.028695790664%

Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 731.17kcal (36.56%), Fat: 53.56g (82.4%), Saturated Fat: 14.53g (90.81%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 20.34g (7.4%), Sugar: 9.71g (10.79%), Cholesterol: 95.25mg (31.75%), Sodium: 1366.8mg (59.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.17g (76.35%), Vitamin A: 9282.79IU (185.66%), Vitamin B12: 4.79µg (79.75%), Selenium: 29.51µg (42.15%), Vitamin B6: 0.82mg (41.22%), Vitamin K: 41.62µg (39.64%), Zinc: 5.89mg (39.25%), Phosphorus: 372.53mg (37.25%), Vitamin B3: 7.17mg (35.83%), Potassium: 863.37mg (24.67%), Iron: 4.4mg (24.47%), Vitamin B2: 0.4mg (23.28%), Magnesium: 69.21mg (17.3%), Vitamin B1: 0.24mg (15.86%), Copper: 0.3mg (14.83%), Manganese: 0.25mg (12.41%), Vitamin B5: 1.13mg (11.34%), Vitamin E: 1.56mg (10.38%), Fiber: 2.45g (9.81%), Folate: 28.88µg (7.22%), Vitamin C: 5.44mg (6.59%), Calcium: 54.06mg (5.41%)