



Six-Spice Hanger Steak



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon aniseed
- ☐ 10 peppercorns black
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 stick cinnamon (2-inch)
- ☐ 2 teaspoons t brown sugar dark packed
- ☐ 1 teaspoon fennel seeds
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon ginger minced peeled

- ☐ 2 teaspoons peppercorns
- ☐ 1 tablespoon rice vinegar (not seasoned)
- ☐ 1 teaspoons shallots minced
- ☐ 0.3 cup soya sauce
- ☐ 1 fat-trimmed beef flank steak thick
- ☐ 1 tablespoon water

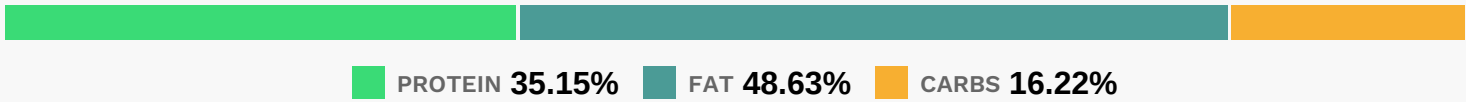
Equipment

- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler and lightly oil rack of broiler pan.
- ☐ Finely grind spices with brown sugar and 1 1/2 tsp salt in grinder.
- ☐ Pat steak dry, then sprinkle evenly with spice mixture and rub into meat. Broil steak 2 to 3 inches from heat, turning once, 7 to 12 minutes for medium-rare.
- ☐ Let steak rest on a plate at least 10 minutes.
- ☐ Heat sauce ingredients, except cilantro, with meat juices from plate in a small saucepan over low heat, stirring, until warm. Stir in cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:5.6182608934848%

Flavonoids

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

Nutrients (% of daily need)

Calories: 99.44kcal (4.97%), Fat: 5.51g (8.48%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.53g (1.7%), Cholesterol: 22.98mg (7.66%), Sodium: 561.16mg (24.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.93%), Manganese: 0.4mg (20.12%), Zinc: 2.05mg (13.64%), Selenium: 9.5µg (13.57%), Vitamin B3: 2.3mg (11.49%), Vitamin B12: 0.63µg (10.42%), Vitamin B6: 0.19mg (9.44%), Phosphorus: 74.4mg (7.44%), Iron: 1.3mg (7.23%), Vitamin B2: 0.11mg (6.54%), Potassium: 166.25mg (4.75%), Magnesium: 17.66mg (4.41%), Fiber: 1.03g (4.11%), Copper: 0.08mg (3.92%), Vitamin K: 3.64µg (3.47%), Vitamin B1: 0.04mg (2.98%), Calcium: 26.39mg (2.64%)