



Southeast Asian Grilled Flank Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon fish sauce
- ☐ 1 pound flank steak trimmed
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sriracha such as huy fong) hot
- ☐ 1 tablespoon sugar

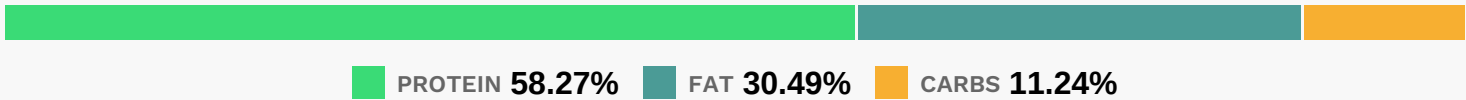
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add steak; seal and marinate in refrigerator 24 hours, turning occasionally.
- ☐ Prepare grill to medium-high heat.
- ☐ Remove steak from marinade; discard marinade.
- ☐ Place steak on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from grill; sprinkle with salt.
- ☐ Let stand 5 minutes.
- ☐ Cut across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:2.23, Inflammation Score:-2, Nutrition Score:11.790869673957%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 174.49kcal (8.72%), Fat: 5.75g (8.84%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.58g (1.67%), Sugar: 3.39g (3.76%), Cholesterol: 68.04mg (22.68%), Sodium: 612.15mg (26.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.43%), Selenium: 34.17µg (48.81%), Vitamin B6: 0.73mg (36.49%), Vitamin B3: 7.2mg (36.01%), Zinc: 4.39mg (29.29%), Phosphorus: 234.49mg (23.45%), Vitamin

B12: 1.05µg (17.56%), Potassium: 424.96mg (12.14%), Iron: 1.87mg (10.39%), Magnesium: 35.03mg (8.76%), Vitamin B2: 0.14mg (8.19%), Vitamin B5: 0.74mg (7.45%), Vitamin C: 5.41mg (6.56%), Vitamin B1: 0.09mg (5.95%), Copper: 0.1mg (4.79%), Folate: 18.33µg (4.58%), Calcium: 32.09mg (3.21%), Manganese: 0.06mg (2.81%), Vitamin E: 0.36mg (2.38%), Vitamin K: 1.5µg (1.43%)