



Soy and Ginger Flank Steak

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons cooking wine dry red
- ☐ 2 flank steaks ()
- ☐ 2 tablespoons ginger fresh minced
- ☐ 4 teaspoons garlic minced
- ☐ 3 tablespoons honey
- ☐ 0.5 cup soya sauce reduced-sodium

Equipment

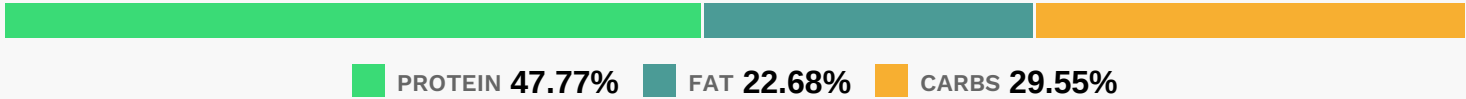
- ☐ bowl

☐ grill

Directions

- ☐ Rinse meat and pat dry.
- ☐ Put 1 steak in each of 2 plastic freezer bags (1-gal. size).
- ☐ Add 1/2 the ginger, garlic, soy, wine, and honey to each bag. Seal bags, turn to coat meat, and freeze (see Cold Facts below).
- ☐ Thaw 1 bag (see notes).
- ☐ Lightly oil a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Lift steak from bag; save marinade (see notes).
- ☐ Lay meat on grill. Close lid on gas grill. Cook, turning once, until as done as you like, about 15 minutes for medium-rare (slightly pink in center; cut in thickest part to check).
- ☐ Transfer steak to a board and cut crosswise into thin slices.
- ☐ Cold Facts. Packaging: freezer bags. If ingredients include liquid, set each plastic freezer bag upright in a bowl, then fill. Squeeze out all air and seal bag. For better protection of frozen foods during storage, seal each bag inside a second one.
- ☐ Lay bags flat in freezer until solid so they will stack.

Nutrition Facts



Properties

Glycemic Index:12.16, Glycemic Load:3.56, Inflammation Score:-2, Nutrition Score:6.6582608870838%

Flavonoids

Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 123.4kcal (6.17%), Fat: 2.89g (4.45%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 8.29g (3.01%), Sugar: 6.59g (7.32%), Cholesterol: 33.9mg (11.3%), Sodium: 604.49mg (26.28%), Alcohol: 1.18g (100%), Alcohol %: 1.58% (100%), Protein: 13.71g (27.42%), Selenium: 17.04µg (24.34%), Vitamin B6: 0.39mg (19.53%), Vitamin B3: 3.73mg (18.67%), Zinc: 2.33mg (15.54%), Phosphorus: 143.79mg (14.38%), Vitamin B12: 0.51µg (8.57%), Potassium: 266.14mg (7.6%), Iron: 1.15mg (6.41%), Vitamin B2: 0.11mg (6.38%), Magnesium: 24.71mg (6.18%), Manganese: 0.11mg (5.46%), Vitamin B5: 0.42mg (4.25%), Folate: 14.75µg (3.69%), Vitamin B1: 0.05mg (3.37%), Copper: 0.06mg (3.02%), Calcium: 20.11mg (2.01%), Vitamin E: 0.23mg (1.57%)