

Soy Garlic Steak

 Gluten Free  Dairy Free

READY IN



205 min.

SERVINGS



6

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds flank steak
- ☐ 2 tablespoons garlic crushed
- ☐ 2 tablespoons catsup
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons distilled vinegar white

Equipment

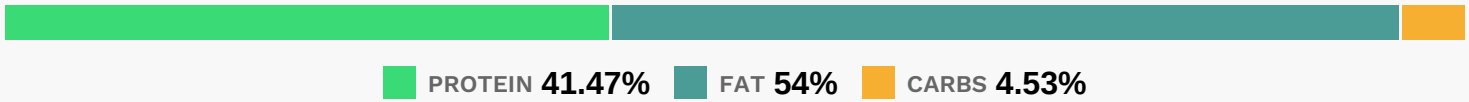
- ☐ bowl

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In a small bowl, mix vegetable oil, soy sauce, vinegar, ketchup, and crushed garlic.
- ☐ Place flank steak in a large resealable plastic bag.
- ☐ Pour the marinade over steak. Seal, and marinate in the refrigerator at least 3 hours.
- ☐ Preheat grill for high heat.
- ☐ Oil the grill grate.
- ☐ Place steaks on the grill, and discard marinade. Cook for 5 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:12.834347675676%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 251.44kcal (12.57%), Fat: 14.78g (22.74%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.26g (1.4%), Cholesterol: 68.04mg (22.68%), Sodium: 645.99mg (28.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.08%), Selenium: 33.97µg (48.53%), Vitamin B3: 7.53mg (37.67%), Vitamin B6: 0.75mg (37.32%), Zinc: 4.42mg (29.5%), Phosphorus: 247.22mg (24.72%), Vitamin K: 18.26µg (17.39%), Vitamin B12: 1.03µg (17.2%), Potassium: 432.03mg (12.34%), Iron: 2.04mg (11.35%), Vitamin B2: 0.16mg (9.2%), Vitamin B5: 0.77mg (7.69%), Vitamin E: 1.15mg (7.65%), Magnesium: 30.18mg (7.55%), Vitamin B1: 0.09mg (6.22%), Manganese: 0.11mg (5.66%), Copper: 0.11mg (5.42%), Folate: 17.01µg (4.25%), Calcium: 31.64mg (3.16%), Vitamin C: 1.04mg (1.26%)