



Soy-Marinated Flank Steak

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound flank steak
- ☐ 1 garlic clove minced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon asian sesame oil
- ☐ 1 tablespoon sugar

Equipment

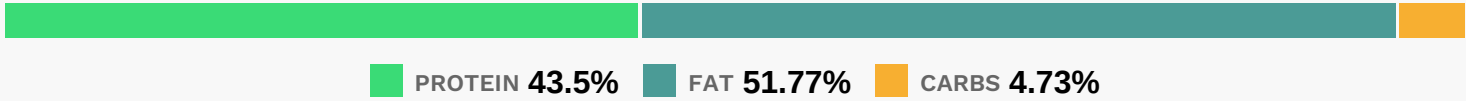
- ☐ bowl

- ☐ grill
- ☐ ziploc bags
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ In a small bowl, combine the soy with 2 tablespoons of the olive oil, sugar, garlic and sesame oil.
- ☐ Transfer the marinade to a zippered plastic bag and add the flank steak, turning to coat. Seal the bag and marinate at room temperature for 1 hour or in the refrigerator for up to 8 hours.
- ☐ Preheat a grill or grill pan.
- ☐ Remove the steak from the marinade and pat dry. Rub both sides with 1 tablespoon of the oil and grill over high heat for 4 to 5 minutes per side for medium-rare meat at the thickest part.
- ☐ Transfer to a cutting board and let rest 5 minutes. Thinly slice the meat against the grain and serve.

Nutrition Facts



Properties

Glycemic Index:16.68, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:11.960434800905%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 237.63kcal (11.88%), Fat: 13.38g (20.58%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.67g (0.97%), Sugar: 2.05g (2.28%), Cholesterol: 68.04mg (22.68%), Sodium: 442.85mg (19.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.59%), Selenium: 33.59µg (47.98%), Vitamin B3: 7.19mg (35.93%), Vitamin B6: 0.71mg (35.46%), Zinc: 4.43mg (29.55%), Phosphorus: 247.47mg (24.75%), Vitamin B12: 1.03µg (17.2%), Potassium: 426.2mg (12.18%), Iron: 1.94mg (10.77%), Vitamin E: 1.39mg (9.27%), Vitamin B2: 0.16mg (9.23%), Magnesium: 32.4mg (8.1%), Vitamin B5: 0.75mg (7.51%), Vitamin B1: 0.09mg

(5.79%), Vitamin K: 5.67µg (5.4%), Folate: 19.43µg (4.86%), Copper: 0.09mg (4.48%), Manganese: 0.07mg (3.3%), Calcium: 28mg (2.8%)