



Spicy Asian Marinated Flank Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 pound flank steak trimmed
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons less-sodium soy sauce

- ☐ 1 teaspoon olive oil
- ☐ 8 ounce pineapple in juice crushed drained canned
- ☐ 1.5 teaspoons rice wine vinegar
- ☐ 0.3 teaspoon salt

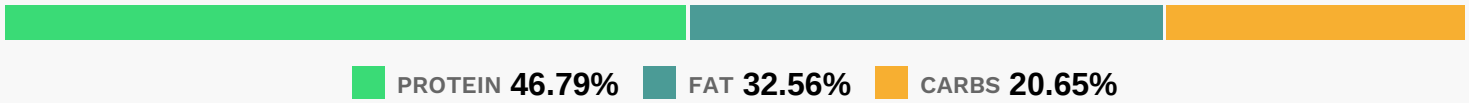
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 10 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 bag; discard marinade.
- ☐ Place steak on grill rack coated with cooking spray, and grill for 4 minutes on each side or until desired degree of doneness.
- ☐ Sprinkle with salt, and let stand for 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:13.829130608103%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 221.37kcal (11.07%), Fat: 7.94g (12.21%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 10.14g (3.69%), Sugar: 8.3g (9.22%), Cholesterol: 68.04mg (22.68%), Sodium: 495.19mg (21.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Selenium: 34.3µg (48.99%), Vitamin B6: 0.8mg (39.98%), Vitamin B3: 7.41mg (37.04%), Zinc: 4.54mg (30.25%), Phosphorus: 255.05mg (25.51%), Vitamin B12: 1.03µg (17.2%), Potassium: 523.58mg (14.96%), Iron: 2.27mg (12.6%), Magnesium: 42.5mg (10.63%), Vitamin B1: 0.15mg (10.18%), Vitamin B2: 0.17mg (10.1%), Vitamin C: 7.88mg (9.55%), Copper: 0.17mg (8.29%), Vitamin B5: 0.76mg (7.65%), Manganese: 0.13mg (6.62%), Folate: 22.97µg (5.74%), Vitamin E: 0.8mg (5.36%), Vitamin A: 243.47IU (4.87%), Fiber: 1.19g (4.77%), Calcium: 44.74mg (4.47%), Vitamin K: 3.47µg (3.31%)