



Steak in Lettuce Rolls



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 1.5 heads bibb lettuce separated
- ☐ 1.5 cups brown rice cooked
- ☐ 1 teaspoons sesame oil dark toasted ()
- ☐ 12 ounce flank steak (or hanger)
- ☐ 6 cloves garlic chopped
- ☐ 1 tablespoon ginger chopped
- ☐ 2 tablespoons juice of lemon

- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons soybean paste (preferably Ssämjang)
- ☐ 1 large onion sliced
- ☐ 2 chiles red seeded thinly sliced
- ☐ 3 tablespoons rice vinegar
- ☐ 1 large bunch scallions finely chopped
- ☐ 4.5 teaspoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ broiler pan

Directions

- ☐ Place steak in a 6" x 9" baking dish.
- ☐ Combine marinade ingredients; pour over meat. Cover with plastic; refrigerate 1/2 to 2 hours.
- ☐ Combine salad ingredients in a bowl; chill until ready to serve.
- ☐ Remove meat from marinade; pat dry. Coat grill or broiler pan with cooking spray.
- ☐ Heat grill on high. Grill or broil steak 3 minutes on each side for medium-rare.
- ☐ Transfer to a platter and let rest 10 minutes.
- ☐ Remove onion from marinade. Coat a nonstick skillet with cooking spray. Cook onion over medium-high heat until tender, 5 minutes. Move to a bowl.
- ☐ Layer rice, salad, soybean paste, onions and steak in the center of each lettuce leaf; roll up.
- ☐ Serve 4 rolls per person.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:105.76, Glycemic Load:15.75, Inflammation Score:-9, Nutrition Score:26.127826172373%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg

Nutrients (% of daily need)

Calories: 307.3kcal (15.36%), Fat: 7.02g (10.8%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 32.67g (11.88%), Sugar: 10.58g (11.75%), Cholesterol: 51.03mg (17.01%), Sodium: 818.9mg (35.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.81%), Vitamin K: 83.22µg (79.26%), Manganese: 1.26mg (63.14%), Vitamin C: 43.03mg (52.16%), Vitamin B6: 0.94mg (46.96%), Vitamin A: 2311.33IU (46.23%), Selenium: 27.49µg (39.27%), Vitamin B3: 7.11mg (35.56%), Phosphorus: 314.24mg (31.42%), Zinc: 4.43mg (29.57%), Potassium: 740.97mg (21.17%), Magnesium: 83.82mg (20.95%), Folate: 82.51µg (20.63%), Iron: 3.4mg (18.87%), Fiber: 4.05g (16.19%), Vitamin B1: 0.24mg (15.84%), Vitamin B2: 0.24mg (13.99%), Vitamin B12: 0.78µg (13.07%), Copper: 0.26mg (12.94%), Vitamin B5: 1.13mg (11.26%), Calcium: 83.21mg (8.32%), Vitamin E: 0.62mg (4.14%)