



Steak on a Stick

 Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds flank steak cut into thin strips
- 0.5 teaspoon garlic powder
- 1 teaspoon ground ginger
- 2 tablespoons blackstrap molasses
- 2 teaspoons ground mustard
- 0.3 cup olive oil
- 0.5 teaspoon onion powder
- 0.5 cup soya sauce

- 0.3 cup water
- 32 wooden skewers soaked in water (8 inch long)

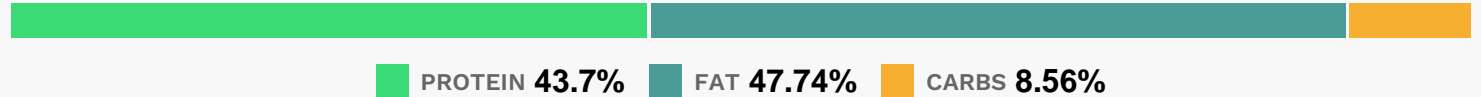
Equipment

- oven
- broiler
- skewers

Directions

- In a large resealable bag, combine the soy sauce, olive oil, water, molasses, mustard powder, ginger, garlic powder and onion powder. Seal and shake the bag to mix together.
- Add steak strips to the bag and seal. Refrigerate for at least 8 hours to marinate.
- Preheat the oven's broiler. Thread meat onto skewers and place on a broiling rack.
- Broil the steak for 3 to 4 minutes on each side. Arrange on a platter to serve.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:5.3530434395146%

Nutrients (% of daily need)

Calories: 97.06kcal (4.85%), Fat: 5.05g (7.77%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.94g (0.71%), Sugar: 1.61g (1.79%), Cholesterol: 27.22mg (9.07%), Sodium: 350.7mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.82%), Selenium: 14.28µg (20.4%), Vitamin B3: 3.09mg (15.46%), Vitamin B6: 0.3mg (15.12%), Zinc: 1.79mg (11.94%), Phosphorus: 102.08mg (10.21%), Vitamin B12: 0.41µg (6.88%), Potassium: 200.38mg (5.73%), Iron: 0.99mg (5.5%), Manganese: 0.1mg (5.21%), Magnesium: 18.56mg (4.64%), Vitamin B2: 0.06mg (3.64%), Vitamin E: 0.53mg (3.54%), Vitamin B5: 0.33mg (3.27%), Copper: 0.06mg (2.94%), Vitamin B1: 0.04mg (2.61%), Vitamin K: 2.18µg (2.08%), Folate: 7.34µg (1.84%), Calcium: 16.76mg (1.68%)