



HEALTH SCORE

60%

Steak Skewers with Scallion Dipping Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 tablespoons fish sauce (such as nuoc nam or nam pla)



1 ginger peeled



2 garlic clove crushed



3 tablespoons grapeseed oil



2 lemon grass



2 tablespoons brown sugar light packed ()



1.5 tablespoons juice of lime fresh



2 pounds beef top sirloin steaks

- ☐ 15 spring onion very thinly sliced
- ☐ 2 tablespoons sesame seed toasted
- ☐ 4 thai chile green red stemmed
- ☐ 0.5 cup coconut milk unsweetened canned
- ☐ 2 tablespoons vinegar black ()

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

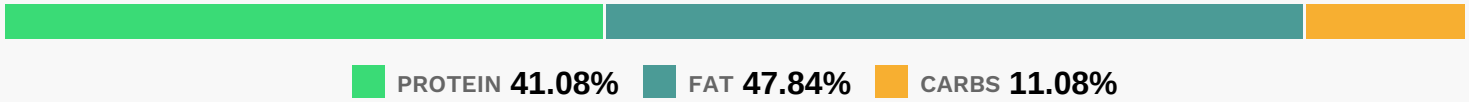
Directions

- ☐ Purée all ingredients except steak in a blender or a food processor until smooth. Trim strip of fat (sometimes called a fat cap) from meat.
- ☐ Cut fat into 1/4"-1/2" cubes; cut meat into approximately 1" cubes.
- ☐ Place fat and meat in a large bowl.
- ☐ Add marinade and toss to coat; cover and chill overnight.
- ☐ Remove fat and meat from marinade, brushing off excess. Thread onto skewers, alternating meat with fat, so that pieces are touching but not pressed tightly together (which would slow down cooking). Leave at least 1" of space at the ends of skewers for easy turning. Discard marinade; save excess fat for basting liquid.
- ☐ Combine all ingredients in a large bowl just before you begin grilling; stir occasionally.
- ☐ Mince any reserved leftover fat.
- ☐ Transfer to a small saucepan. Cook over medium-low heat until fat is heated through, about 3 minutes (fat will not melt completely).
- ☐ Add all ingredients and cook until just heated through; keep warm.
- ☐ Build a medium fire in a charcoal grill, or heat a gas grill to medium-high. Grill skewers, brushing with basting sauce and turning every 2 minutes, for 10 minutes. Stop basting and cook, turning

every 2 minutes, until browned around edges and cooked through, about 6 minutes more.

☐ Serve with scallion dipping sauce on the side.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:35.399130406587%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 524.85kcal (26.24%), Fat: 27.78g (42.75%), Saturated Fat: 10.6g (66.28%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 12.05g (4.38%), Sugar: 8.67g (9.63%), Cholesterol: 133.81mg (44.6%), Sodium: 1201.69mg (52.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.67g (107.35%), Selenium: 74.96µg (107.09%), Vitamin K: 96.16µg (91.59%), Vitamin B6: 1.58mg (79.15%), Vitamin B3: 15.72mg (78.61%), Zinc: 9.88mg (65.87%), Phosphorus: 559.44mg (55.94%), Vitamin B12: 2.2µg (36.61%), Manganese: 0.68mg (33.88%), Iron: 5.82mg (32.35%), Potassium: 1126.64mg (32.19%), Magnesium: 114.38mg (28.59%), Vitamin E: 4mg (26.67%), Copper: 0.49mg (24.35%), Vitamin C: 18.95mg (22.97%), Vitamin B2: 0.33mg (19.7%), Folate: 77.27µg (19.32%), Vitamin B1: 0.25mg (16.34%), Vitamin B5: 1.62mg (16.2%), Calcium: 143.31mg (14.33%), Vitamin A: 489.1IU (9.78%), Fiber: 2.44g (9.74%)