



Strip Steak with Japanese Dipping Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup carrots finely grated
- 0.3 cup daikon radish white finely grated (Japanese radish)
- 4 servings pepper freshly ground
- 1 tablespoon olive oil
- 0.5 cup ponzu sauce
- 2 sprigs rosemary for serving
- 2 fat-trimmed beef flank steak thick cut in half crosswise, room temperature
- 2 sprigs thyme leaves for serving

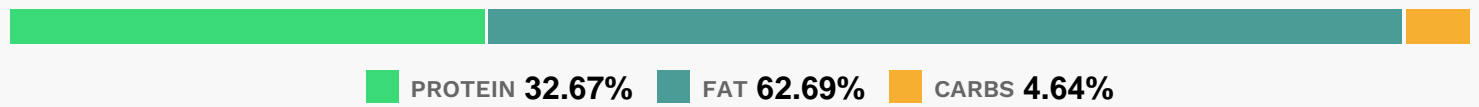
Equipment

- bowl
- grill
- microwave

Directions

- Prepare grill for medium-high heat.
- Place rosemary and thyme sprigs on a plate and microwave on high until brittle, about 2 minutes.
- Rub steaks with oil, season with salt and pepper, and sprinkle with herbs, crushing gently and pressing to adhere. Grill steaks to desired doneness, about 4 minutes per side for medium-rare.
- Let rest 5 minutes.
- Meanwhile, mix ponzu, carrot, and daikon in a small bowl. Top steaks with rosemary and thyme leaves; serve with dipping sauce.
- Per serving: 440 calories, 29 g fat, 0 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:56.46, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:12.309130465207%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 281.25kcal (14.06%), Fat: 19.52g (30.04%), Saturated Fat: 7.6g (47.52%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.8g (1.02%), Sugar: 0.56g (0.62%), Cholesterol: 68.93mg (22.98%), Sodium: 736.39mg

(32.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.79%), Selenium: 27.64µg (39.48%), Zinc: 5.84mg (38.93%), Vitamin B12: 1.88µg (31.26%), Vitamin B3: 5.64mg (28.18%), Vitamin A: 1379.3IU (27.59%), Vitamin B6: 0.47mg (23.41%), Phosphorus: 167.91mg (16.79%), Vitamin B2: 0.28mg (16.41%), Iron: 2.13mg (11.82%), Potassium: 349.78mg (9.99%), Vitamin B1: 0.11mg (7.12%), Magnesium: 26.93mg (6.73%), Copper: 0.1mg (5.22%), Vitamin K: 5.04µg (4.8%), Vitamin E: 0.56mg (3.72%), Vitamin C: 2.9mg (3.51%), Folate: 7.34µg (1.83%), Fiber: 0.46g (1.83%), Manganese: 0.04mg (1.82%), Calcium: 15.65mg (1.57%)