



Sweet Ginger-Grilled Flank Steak



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup cooking wine dry red
- ☐ 1.5 pound flank steak
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon ground ginger minced peeled
- ☐ 0.5 cup soya sauce low-sodium

Equipment

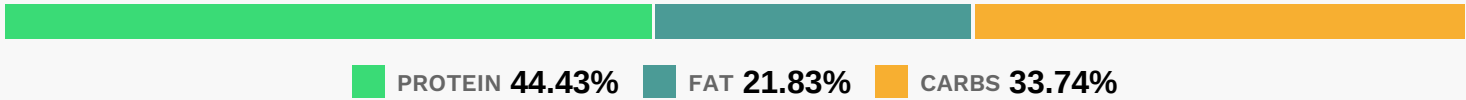
- ☐ grill

☐ ziploc bags

Directions

- ☐ Trim fat from steak.
- ☐ Place steak in a large heavy-duty, zip-top plastic bag.
- ☐ Combine brown sugar and next 4 ingredients; pour over steak. Seal bag; turn bag to coat steak. Marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Place steak on rack; grill, covered, 6 to 8 minutes on each side or to desired degree of doneness.
- ☐ Let steak stand 5 minutes.
- ☐ Cut diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:12.723913182383%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 248.04kcal (12.4%), Fat: 5.75g (8.85%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 19.79g (7.19%), Sugar: 17.91g (19.9%), Cholesterol: 68.04mg (22.68%), Sodium: 830.49mg (36.11%), Alcohol: 1.05g (100%), Alcohol %: 0.81% (100%), Protein: 26.35g (52.69%), Selenium: 34.11µg (48.72%), Vitamin B6: 0.74mg (37.1%), Vitamin B3: 7.36mg (36.81%), Zinc: 4.54mg (30.27%), Phosphorus: 267.16mg (26.72%), Vitamin B12: 1.03µg (17.2%), Potassium: 494.28mg (14.12%), Iron: 2.25mg (12.48%), Manganese: 0.24mg (12.1%), Vitamin B2: 0.18mg (10.77%), Magnesium: 42.22mg (10.56%), Vitamin B5: 0.81mg (8.14%), Vitamin B1: 0.09mg (6.15%), Folate:

24.35µg (6.09%), Copper: 0.11mg (5.32%), Calcium: 47.6mg (4.76%), Vitamin E: 0.42mg (2.78%), Vitamin K: 1.38µg (1.31%)