



Tangerine Beef with Scallions



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons ginger peeled chopped
- ☐ 2 tablespoons orange preserves
- ☐ 1 pinch pepper flakes red
- ☐ 4 scallions plus more for garnish sliced
- ☐ 2 tablespoons sesame oil toasted
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons sugar

- ☐ 1 1 tangerine
- ☐ 1.5 pounds beef tri-tip steak trimmed

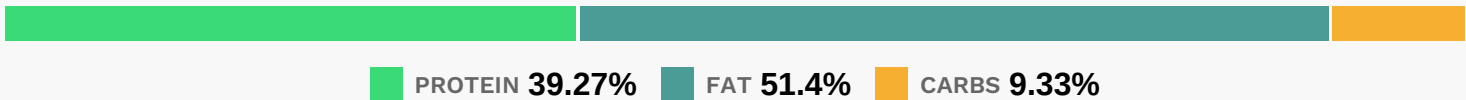
Equipment

- ☐ pot
- ☐ kitchen thermometer
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Pierce the steak with a fork several times on each side.
- ☐ Remove a 2-inch strip of zest from the tangerine, halve the fruit and squeeze the juice into a resealable plastic bag.
- ☐ Add the zest, scallions, soy sauce, sesame oil, sugar, ginger, garlic, pepper flakes and 1/4 cup water to the bag and mix well.
- ☐ Add the meat, seal the bag and turn to coat. Refrigerate overnight.
- ☐ Preheat the broiler with a broiler pan in place.
- ☐ Remove the steak from the bag and reserve the marinade. Pat the meat dry and place on the preheated broiler pan. Cook, without turning, until the meat is golden brown and a thermometer inserted in the thickest part registers 130 for medium-rare, about 10 minutes.
- ☐ Let rest 5 to 10 minutes before slicing; reserve the drippings.
- ☐ Meanwhile, boil the marinade in a small pot over medium-high heat until slightly thickened. Stir in the orange preserves and the drippings from the meat. Slice the meat against the grain and top with scallions.
- ☐ Serve with the sauce.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:61.65, Glycemic Load:3.33, Inflammation Score:-5, Nutrition Score:19.432608687359%

Flavonoids

Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 384.14kcal (19.21%), Fat: 21.71g (33.39%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 7.73g (2.81%), Sugar: 5.63g (6.25%), Cholesterol: 112.26mg (37.42%), Sodium: 902.05mg (39.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.31g (74.62%), Selenium: 39.9µg (57%), Vitamin B3: 11.14mg (55.69%), Vitamin B6: 1.05mg (52.48%), Zinc: 6.26mg (41.72%), Phosphorus: 354.92mg (35.49%), Vitamin B12: 1.8µg (30.05%), Vitamin K: 28.07µg (26.73%), Potassium: 677.04mg (19.34%), Iron: 3.16mg (17.57%), Vitamin C: 12.94mg (15.69%), Vitamin B2: 0.22mg (12.76%), Magnesium: 49.4mg (12.35%), Vitamin B5: 1.16mg (11.61%), Vitamin B1: 0.15mg (9.91%), Copper: 0.18mg (8.81%), Folate: 35.2µg (8.8%), Manganese: 0.17mg (8.34%), Calcium: 69.9mg (6.99%), Vitamin A: 293.71IU (5.87%), Vitamin E: 0.79mg (5.24%), Fiber: 1.13g (4.51%)