

Teriyaki Flank Steak

 Gluten Free  Dairy Free

READY IN



515 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef flank steak
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup ginger root fresh grated
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup cooking wine

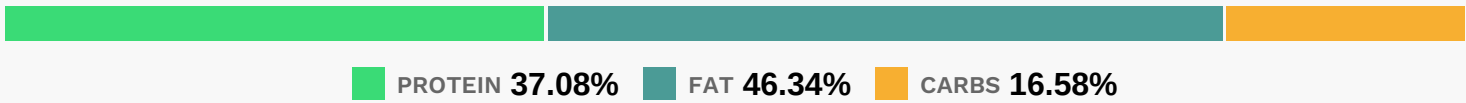
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In a large resealable plastic bag, mix the wine, soy sauce, olive oil, brown sugar, ginger, garlic, and pepper.
- ☐ Place steak in the bag, seal, and refrigerate 8 hours, or overnight.
- ☐ Preheat an outdoor grill for medium-high heat.
- ☐ Remove steaks from the bag, and discard marinade.
- ☐ Place steaks on the grill and cook 6 to 8 minutes per side, to your desired degree of doneness. The internal temperature should be at least 145 degrees F (63 degrees C) for rare. Allow the steaks to sit about 5 minutes before slicing against the grain, and serving.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:20.006956359453%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 455.21kcal (22.76%), Fat: 22.1g (34%), Saturated Fat: 5.41g (33.84%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 17.29g (6.29%), Sugar: 14.19g (15.76%), Cholesterol: 102.06mg (34.02%), Sodium: 1716.85mg (74.65%), Alcohol: 3.12g (100%), Alcohol %: 1.5% (100%), Protein: 39.79g (79.59%), Selenium: 50.92µg (72.74%), Vitamin B3: 11.86mg (59.32%), Vitamin B6: 1.14mg (56.93%), Zinc: 6.73mg (44.84%), Phosphorus: 392.97mg (39.3%), Vitamin B12: 1.55µg (25.8%), Potassium: 727.19mg (20.78%), Iron: 3.7mg (20.58%), Vitamin E: 2.46mg (16.4%), Manganese: 0.31mg (15.6%), Vitamin B2: 0.25mg (14.78%), Magnesium: 57.37mg (14.34%), Vitamin B5: 1.24mg (12.38%), Vitamin K: 11.02µg (10.49%), Copper: 0.2mg (9.83%), Vitamin B1: 0.15mg (9.74%), Folate: 28.56µg (7.14%), Calcium: 61.36mg (6.14%), Fiber: 0.51g (2.04%)