



Teriyaki Steak

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef skirt steak
- 4 cloves garlic minced
- 2 cups teriyaki sauce

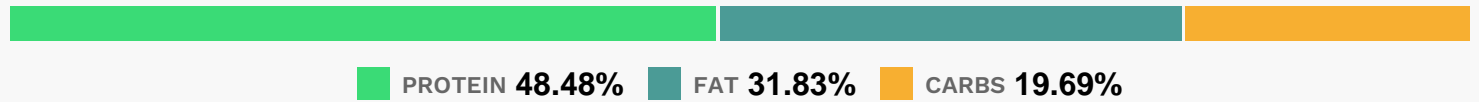
Equipment

- oven
- grill
- ziploc bags
- broiler pan

Directions

- Cut the skirt steak into individual strips for serving.
- Add the garlic to the teriyaki sauce. In a re-sealable plastic bag, combine the steak and the sauce. Seal tightly and refrigerate to marinate overnight.
- Preheat oven to broil OR preheat a barbecue grill.
- When oven OR grill is ready, remove meat from bag and discard remaining marinade.
- Place meat on a broiler pan for the oven OR directly on the grill for the barbecue. Cook for about 5 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:29.00347832234%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 479.63kcal (23.98%), Fat: 16.85g (25.92%), Saturated Fat: 6.27g (39.21%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 23.25g (8.45%), Sugar: 20.33g (22.59%), Cholesterol: 142.88mg (47.63%), Sodium: 5665.4mg (246.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.74g (115.48%), Zinc: 14.78mg (98.56%), Vitamin B12: 4.83µg (80.51%), Selenium: 51.91µg (74.15%), Vitamin B3: 14.72mg (73.6%), Vitamin B6: 1.17mg (58.39%), Phosphorus: 575.62mg (57.56%), Vitamin B2: 0.83mg (48.81%), Iron: 6.49mg (36.06%), Magnesium: 138.49mg (34.62%), Potassium: 998.27mg (28.52%), Copper: 0.34mg (17.06%), Vitamin B5: 1.62mg (16.21%), Vitamin B1: 0.19mg (12.35%), Manganese: 0.24mg (11.92%), Calcium: 55.04mg (5.5%), Folate: 18.41µg (4.6%), Vitamin K: 3.45µg (3.29%), Vitamin E: 0.23mg (1.53%), Vitamin D: 0.23µg (1.51%), Vitamin C: 0.94mg (1.13%)