



Teriyaki steak with fennel slaw



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp soya sauce reduced-salt
- ☐ 1 tbsp red wine vinegar
- ☐ 1 tsp clear honey
- ☐ 4 rump steaks trimmed
- ☐ 1 large carrots grated
- ☐ 1 fennel bulb halved thinly sliced
- ☐ 1 onion red halved thinly sliced
- ☐ 1 handful coriander leaves

☐ 1 juice of lime

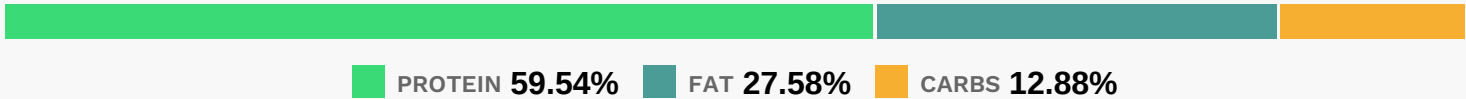
Equipment

☐ frying pan

Directions

- ☐ Mix the soy, vinegar and honey, add the steaks, then marinate for 10–15 mins.
- ☐ Toss together the carrot, fennel, onion and coriander, then chill until ready to serve.
- ☐ Cook the steaks in a griddle pan for a few mins on each side, depending on the thickness and how well done you like them. Set the meat aside to rest on a plate, then add the remaining marinade to the pan. Bubble the marinade until it reduces a little to make a sticky sauce.
- ☐ Dress the salad with the lime juice, then pile onto plates and serve with the steaks. Spoon the sauce over the meat.

Nutrition Facts



Properties

Glycemic Index:54.53, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:31.368261326914%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 355.15kcal (17.76%), Fat: 10.65g (16.38%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 8.27g (3.01%), Sugar: 6.04g (6.71%), Cholesterol: 137.86mg (45.95%), Sodium: 676.48mg (29.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.72g (103.43%), Vitamin B3: 17.73mg (88.66%), Selenium: 58.3µg (83.28%), Vitamin B6: 1.47mg (73.32%), Zinc: 9.62mg (64.12%), Vitamin A: 3157.25IU (63.15%), Phosphorus: 520.42mg (52.04%), Vitamin B12: 2.69µg (44.82%), Vitamin K: 45.31µg (43.15%), Potassium: 1148.29mg (32.81%), Iron: 4.49mg (24.92%), Magnesium: 71.48mg (17.87%), Vitamin B5: 1.74mg (17.42%), Vitamin B2: 0.3mg

(17.38%), Vitamin C: 12.66mg (15.35%), Folate: 56.85µg (14.21%), Manganese: 0.26mg (12.91%), Copper: 0.24mg (11.99%), Vitamin B1: 0.18mg (11.74%), Fiber: 2.92g (11.67%), Calcium: 108.06mg (10.81%), Vitamin E: 1.25mg (8.34%), Vitamin D: 0.23µg (1.51%)