



Thai Beef

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



6

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup firmly brown sugar dark packed
- 2 tablespoons coriander seeds
- 1.5 pounds flank steak
- 2 cloves garlic minced
- 1 pinch ground ginger
- 1 tablespoon juice of lime
- 0.3 cup soya sauce

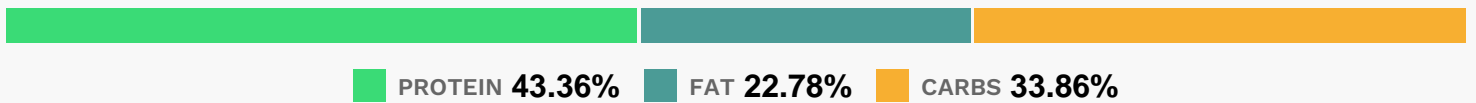
Equipment

- bowl
- oven
- whisk
- aluminum foil
- broiler
- broiler pan

Directions

- Place flank steak in the freezer for 20 minutes.
- Whisk coriander, brown sugar, soy sauce, lime juice, garlic, and ground ginger together in a bowl until marinade is well combined.
- Remove steak from freezer and slice thinly across the grain.
- Place steak in a large bowl, pour marinade over steak, and toss to coat. Cover bowl and marinate at room temperature for 1 hour.
- Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Line bottom of a broiler pan with foil.
- Lay steak slices in a single layer on the rack of the prepared broiler pan.
- Cook in the preheated broiler, brushing occasionally with marinade, until steak reaches desired doneness, 1 to 2 minutes for medium rare.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:12.387826148502%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 238.02kcal (11.9%), Fat: 5.98g (9.21%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 19.19g (6.98%), Sugar: 18g (20%), Cholesterol: 68.04mg (22.68%), Sodium: 606.03mg (26.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.24%), Selenium: 34.35µg (49.07%), Vitamin B3: 7.51mg (37.56%), Vitamin B6: 0.73mg (36.32%), Zinc: 4.48mg (29.89%), Phosphorus: 251.12mg (25.11%), Vitamin B12: 1.03µg (17.2%), Iron: 2.4mg (13.36%), Potassium: 460.06mg (13.14%), Magnesium: 36.49mg (9.12%), Vitamin B2: 0.15mg (8.91%), Vitamin B5: 0.78mg (7.84%), Manganese: 0.13mg (6.62%), Vitamin B1: 0.09mg (6.26%), Copper: 0.12mg (6.23%), Calcium: 54.98mg (5.5%), Folate: 16.95µg (4.24%), Fiber: 0.81g (3.25%), Vitamin E: 0.34mg (2.23%), Vitamin C: 1.41mg (1.71%), Vitamin K: 1.39µg (1.33%)