



Thai-Marinated Broiled Flank Steak

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

READY IN



15 min.

SERVINGS



6

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper red crushed
- 2 teaspoons fish sauce (soy sauce)
- 1.5 pounds flank steak
- 0.5 inch ginger fresh peeled finely chopped
- 2 cloves garlic finely chopped
- 1 tablespoon honey
- 2 tablespoons juice of lime fresh
- 2 tablespoons soya sauce

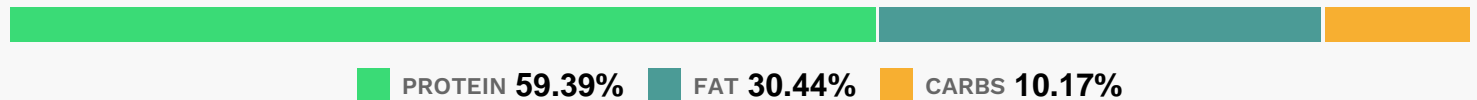
Equipment

- bowl
- whisk
- aluminum foil
- broiler
- cutting board

Directions

- Whisk together soy sauce, fish sauce, lime juice, honey, crushed red pepper, garlic and ginger in a small bowl.
- Place flank steak in a ziplock bag and add marinade. Turn bag several times to coat.
- Let stand for 15 minutes at room temperature, turning once or twice.
- While steak is marinating, preheat broiler. Broil steak until cooked to desired doneness, about 4 minutes per side for medium-rare.
- Transfer to a cutting board, tent with foil and let stand for 5 minutes. Slice, transfer to a platter, pour any juices from cutting board over sliced meat and serve.

Nutrition Facts



Properties

Glycemic Index:18.71, Glycemic Load:1.65, Inflammation Score:-3, Nutrition Score:11.851304375607%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 174.44kcal (8.72%), Fat: 5.74g (8.83%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.18g (3.53%), Cholesterol: 68.04mg (22.68%), Sodium: 558.21mg (24.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.37%), Selenium: 33.93µg (48.47%), Vitamin B3: 7.41mg (37.03%), Vitamin B6: 0.73mg (36.45%), Zinc: 4.41mg (29.42%), Phosphorus: 240.57mg (24.06%), Vitamin B12: 1.04µg (17.36%), Potassium: 425.77mg (12.16%), Iron: 2mg (11.12%), Vitamin B2: 0.15mg (8.66%), Magnesium: 32.32mg (8.08%), Vitamin B5: 0.76mg (7.58%), Vitamin B1: 0.09mg (5.98%), Copper: 0.1mg (5.11%), Folate: 17.6µg (4.4%), Manganese: 0.07mg (3.72%), Vitamin E: 0.47mg (3.13%), Calcium: 29.79mg (2.98%), Vitamin C: 1.87mg (2.27%), Vitamin A: 101.66IU (2.03%), Vitamin K: 1.76µg (1.68%)