



Tony's Steak

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound flank steak
- ☐ 1 garlic clove chopped
- ☐ 6 servings kosher salt
- ☐ 1 tablespoon brown sugar light packed ()
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon hot sauce hot
- ☐ 6 spring onion white thinly sliced (and pale-green parts only)

- ☐ 1 teaspoon sesame oil toasted
- ☐ 0.3 cup soya sauce

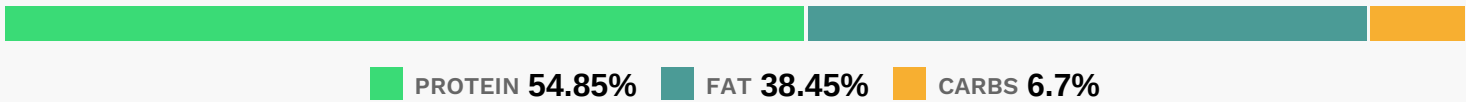
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Combine scallions and next 7 ingredients in a large resealable plastic bag and mix well.
- ☐ Add steak; seal bag, pressing out excess air. Turn steak to coat. Refrigerate overnight, turning bag occasionally.
- ☐ Build a medium-hot fire in a charcoal grill, or heat a gas grill to high.
- ☐ Remove steak from bag; wipe off excess marinade. Season both sides lightly with salt. Grill steak until well browned, about 6 minutes per side for medium-rare.
- ☐ Transfer to a cutting board and let rest for 10 minutes. Slice thinly against the grain.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:17.300869578901%

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 Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 254.9kcal (12.75%), Fat: 10.6g (16.31%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.54g (2.82%), Cholesterol: 90.72mg (30.24%), Sodium: 1014.23mg (44.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.03g (68.07%), Selenium: 44.88µg (64.11%), Vitamin B3: 10mg

(50.01%), Vitamin B6: 0.96mg (47.89%), Zinc: 5.9mg (39.36%), Phosphorus: 328.23mg (32.82%), Vitamin K: 28.2µg (26.86%), Vitamin B12: 1.38µg (22.93%), Potassium: 587.57mg (16.79%), Iron: 2.86mg (15.88%), Vitamin B2: 0.2mg (12.05%), Magnesium: 41.56mg (10.39%), Vitamin B5: 1.02mg (10.23%), Vitamin B1: 0.13mg (8.37%), Folate: 30.23µg (7.56%), Copper: 0.14mg (7.09%), Vitamin E: 0.86mg (5.75%), Manganese: 0.11mg (5.58%), Vitamin C: 4.41mg (5.35%), Calcium: 46.43mg (4.64%), Vitamin A: 123.26IU (2.47%), Fiber: 0.45g (1.79%)