



Citrus Ginger Flank Steak

4 Servings • 1 Serving = 4 Ounces

Recipe developed by Connie Guttersen, RD,
PhD

INGREDIENTS

- 1 pound flank steak, fat removed
- Black pepper, to taste
- 1 Tablespoon lemon juice
- 1 Tablespoon soy sauce
- ½ Tablespoon pomegranate molasses or agave syrup
- 1 Tablespoon garlic
- ½ teaspoon sesame oil
- 2 teaspoons ginger, chopped

DIRECTIONS

1. Season meat with pepper.
2. Combine remaining ingredients in a self seal bag and add the flank steak. Place in the refrigerator for 1 to 24 hours.
3. For a charcoal grill, place meat on the rack of an uncovered grill directly over medium coals. Grill for 15 to 20 minutes or until medium doneness, turning once halfway through grilling. For a gas grill, preheat grill and reduce heat to medium. Place meat on a grill rack over heat. Cover and grill as above.
4. Transfer grilled meat to a cutting board. Cover and let stand for 10 minutes. Slice very thinly across the grain.

Nutrition Facts

4 servings per container
Serving size **4 ounces**

Amount per serving
Calories 190

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 210mg **9%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 25g

Vitamin D 0mcg **0%**

Calcium 28mg **2%**

Iron 2mg **10%**

Potassium 394mg **8%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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