

Asian BBQ Steak

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bbq-steak-recipe>

Ingredients:

- 2 pounds beef steaks
- 1/2 cup sherry
- 1/2 cup low sodium soy sauce
- 1/4 cup honey
- 2 tablespoons white vinegar
- 1 tablespoon ginger grated
- 2 teaspoons sesame oil
- 1/4 cup vegetable oil
- 2 garlic cloves crushed/minced
- fine sea salt
- freshly ground pepper

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 24 grams
3. Fat: 16 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1450 milligrams
8. Sugar: 19 grams

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