

Steak Teriyaki

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-japanese-style-flank-steak>

Ingredients:

- 1/3 cup rice wine mirin
- 1/3 cup sake
- 1/3 cup soy sauce if cooking gluten-free, use gluten-free soy sauce
- 1 tablespoon sugar
- 1 tablespoon ginger fresh grated
- 2 pounds flank steak or skirt steak
- olive oil or grapeseed oil

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 80 milligrams
4. Fat: 21 grams
5. Protein: 49 grams
6. SaturatedFat: 8 grams
7. Sodium: 1320 milligrams
8. Sugar: 4 grams

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