



## Arrachera (Skirt Steak Taco Filling)



Gluten Free



Dairy Free



Popular

READY IN



139 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 12 fluid ounce mexican beer corona® such as
- ☐ 0.2 ounce sazón seasoning such as goya® with coriander and achiote,
- ☐ 2 pounds skirt steak
- ☐ 1 tablespoon pepper white

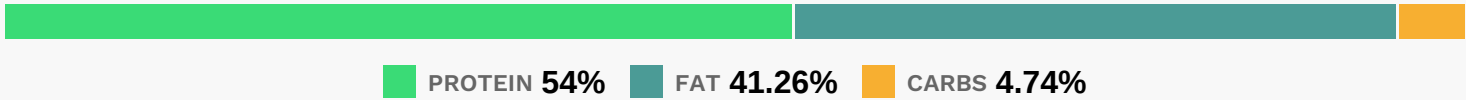
### Equipment

- ☐ grill

# Directions

- ☐ Sprinkle each piece of skirt steak with the sazón and white pepper. Stack the seasoned steaks in a deep dish as you season them.
- ☐ Pour the beer over the steaks. Cover the dish and refrigerate for 2 hours.
- ☐ Preheat an outdoor grill for high heat and lightly oil the grate.
- ☐ Remove the steaks from the dish and discard the marinade.
- ☐ Cook the skirt steaks on the prepared grill until they are very firm, hot, and gray in the center, 7 to 10 minutes per side.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:16.455652259614%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 260.22kcal (13.01%), Fat: 11.23g (17.27%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.59g (0.94%), Sugar: 0g (0%), Cholesterol: 95.25mg (31.75%), Sodium: 178.76mg (7.77%), Alcohol: 2.31g (100%), Alcohol %: 1.38% (100%), Protein: 33.07g (66.13%), Zinc: 9.76mg (65.04%), Vitamin B12: 3.23µg (53.87%), Selenium: 33.65µg (48.08%), Vitamin B3: 8.89mg (44.43%), Vitamin B6: 0.69mg (34.3%), Vitamin B2: 0.5mg (29.42%), Phosphorus: 243.18mg (24.32%), Iron: 2.84mg (15.78%), Potassium: 458.32mg (13.09%), Magnesium: 37.86mg (9.47%), Manganese: 0.18mg (9.02%), Vitamin B5: 0.9mg (9.01%), Copper: 0.14mg (6.95%), Vitamin B1: 0.09mg (6.26%), Vitamin K: 2.27µg (2.16%), Folate: 8.2µg (2.05%), Calcium: 14.53mg (1.45%), Fiber: 0.31g (1.22%), Vitamin E: 0.15mg (1.01%), Vitamin D: 0.15µg (1.01%)