



Beer-Marinated Grilled Skirt Steak

 Dairy Free

READY IN

ready

80 min.

SERVINGS

servings

4

CALORIES

calories

450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 garlic cloves smashed halved
- ☐ 4 servings kosher salt and ground pepper fresh black
- ☐ 1 cup light-colored beer lager style (preferably)
- ☐ 0.5 onion thinly sliced
- ☐ 1 cranberry-orange relish with peel thinly sliced
- ☐ 2.3 pounds skirt steak
- ☐ 0.5 cup soya sauce

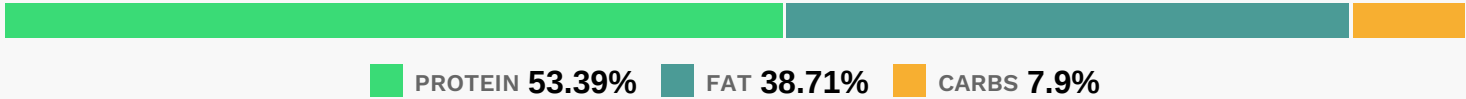
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a wide, shallow glass baking dish, scatter half of the orange slices, half of the onion slices and half of the garlic pieces on the bottom of the dish.
- ☐ Sprinkle the steak all over with salt and pepper and put in the dish on top of the orange and onion slices. Scatter the remaining orange, onion and garlic over the steak and pour in the beer and soy sauce. Cover with plastic wrap and marinate for 1 hour at room temperature or up to overnight in the refrigerator.
- ☐ Prepare a barbeque on medium-high heat or preheat a broiler.
- ☐ Remove the meat from the marinade and discard the marinade. Grill the steak to desired doneness, about 4 minutes per side for medium-rare.
- ☐ Serve as desired.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:2.08, Inflammation Score:-6, Nutrition Score:30.652608804081%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 450.25kcal (22.51%), Fat: 19g (29.24%), Saturated Fat: 7.07g (44.2%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 7.41g (2.69%), Sugar: 4.22g (4.69%), Cholesterol: 160.74mg (53.58%), Sodium: 1985.55mg

(86.33%), Alcohol: 1.83g (100%), Alcohol %: 0.59% (100%), Protein: 58.98g (117.95%), Zinc: 16.64mg (110.96%), Vitamin B12: 5.45µg (90.77%), Selenium: 57.26µg (81.8%), Vitamin B3: 15.99mg (79.93%), Vitamin B6: 1.26mg (63.06%), Vitamin B2: 0.89mg (52.32%), Phosphorus: 450.87mg (45.09%), Iron: 5.31mg (29.52%), Potassium: 910.32mg (26.01%), Vitamin C: 19.38mg (23.49%), Manganese: 0.44mg (21.83%), Magnesium: 76.09mg (19.02%), Vitamin B5: 1.72mg (17.23%), Vitamin B1: 0.21mg (14.26%), Copper: 0.28mg (14.18%), Folate: 28.94µg (7.24%), Fiber: 1.31g (5.26%), Calcium: 45.28mg (4.53%), Vitamin K: 3.93µg (3.75%), Vitamin E: 0.32mg (2.13%), Vitamin A: 94.64IU (1.89%), Vitamin D: 0.26µg (1.7%)