



## Bistec a Caballo (Creole Steak on Horseback)

 **Gluten Free**
 **Dairy Free**
 **Popular**

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 fried eggs
- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 1 tablespoon ground cumin
- 2 tablespoons mustard
- 1.5 tablespoons olive oil
- 1 teaspoon oregano dried
- 4 servings salt and pepper black

- 2 pounds skirt steak trimmed cut into 4 equal servings

## Equipment

- frying pan
- ziploc bags
- wax paper

## Directions

- Place the steaks between sheets of wax paper, then pound until each steak is about ¼ inch thick.
- Place the pounded steaks in a zip lock plastic bag.
- Add the mustard, oregano, cumin, garlic, cilantro, salt and pepper. Refrigerate for 1 hour or overnight. Be sure the steaks are evenly covered. In a large skillet, heat the olive oil over medium heat.
- Pour hogao over the steaks and top with a fried egg.

## Nutrition Facts

**PROTEIN 46.96%** **FAT 51.36%** **CARBS 1.68%**

## Properties

Glycemic Index:26, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:29.850434855275%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 469.02kcal (23.45%), Fat: 26.85g (41.31%), Saturated Fat: 8.42g (52.64%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.33g (0.37%), Cholesterol: 306.56mg (102.19%), Sodium: 491.42mg (21.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.24g (110.48%), Zinc: 15.32mg (102.11%), Selenium: 66.16µg (94.52%), Vitamin B12: 5.22µg (87.04%), Vitamin B3: 13.05mg (65.23%), Vitamin B2: 0.94mg (55.32%), Vitamin B6: 1.09mg (54.39%), Phosphorus: 453.95mg (45.4%), Iron: 6.11mg (33.93%), Potassium: 771.48mg (22.04%), Vitamin B5: 2.02mg (20.23%), Magnesium: 65.86mg (16.46%), Manganese: 0.32mg (16.03%), Copper: 0.24mg (12.22%), Vitamin B1: 0.18mg (11.99%), Vitamin E: 1.62mg (10.79%), Vitamin K: 10.63µg (10.12%), Vitamin D:

1.11µg (7.38%), Folate: 29.49µg (7.37%), Calcium: 66.59mg (6.66%), Vitamin A: 302.19IU (6.04%), Fiber: 0.71g (2.86%)