



Bistec a la Criolla (Colombian -Style Creole Steak)

 Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves minced
- 1 tablespoon ground cumin
- 0.5 tablespoon mustard
- 4 servings salt and pepper black
- 2 pounds skirt steak trimmed cut into 4 equal servings
- 1.5 tablespoons vegetable oil

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, 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 oil over medium heat.
- Place the steaks into the skillet and cook for 3 minutes per side.
- Add the hogao, cover and cook for 7 minutes more.

Nutrition Facts

PROTEIN 49% **FAT 49.74%** **CARBS 1.26%**

Properties

Glycemic Index: 24.75, Glycemic Load: 0.17, Inflammation Score: -3, Nutrition Score: 25.331304099249%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 401.13kcal (20.06%), Fat: 22.31g (34.33%), Saturated Fat: 7.08g (44.24%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.08g (0.09%), Cholesterol: 142.88mg (47.63%), Sodium: 366.97mg (15.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.46g (98.91%), Zinc: 14.71mg (98.06%), Vitamin B12: 4.83µg (80.51%), Selenium: 50.83µg (72.61%), Vitamin B3: 12.96mg (64.81%), Vitamin B6: 1.01mg (50.66%), Vitamin B2: 0.73mg (43.17%), Phosphorus: 361.17mg (36.12%), Iron: 5.05mg (28.05%), Potassium: 698.97mg (19.97%), Magnesium: 56.72mg (14.18%), Manganese: 0.27mg (13.62%), Vitamin B5: 1.33mg (13.31%), Vitamin K: 13.54µg (12.89%), Copper: 0.21mg (10.39%), Vitamin B1: 0.15mg (10.15%), Vitamin E: 0.71mg (4.71%), Calcium: 31.72mg (3.17%), Folate: 7.25µg (1.81%), Vitamin D: 0.23µg (1.51%), Fiber: 0.28g (1.1%), Vitamin A: 52.16IU (1.04%)