



Carne Adobada: Grilled Adobo-Marinated Skirt Steak



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mexican beer light
- ☐ 2 ounces pasilla chiles stemmed deveined seeded
- ☐ 0.3 teaspoon cumin seeds
- ☐ 4 garlic cloves peeled
- ☐ 0.5 cup pasilla-guajillo adobo (above)
- ☐ 2 ounces guajillo chiles stemmed deveined seeded
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 teaspoon salt fine
- ☐ 2 pounds skirt steak cut into four 8- to 9-inch pieces
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup distilled vinegar white
- ☐ 0.5 cup onion white chopped

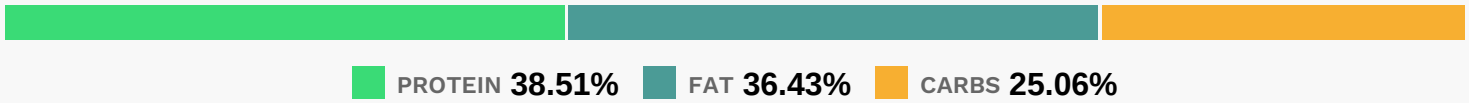
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ grill
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Heat a comal, griddle, or heavy skillet over medium-low heat, and toast the chiles 2 or 3 at a time, turning them over and pressing down on them with tongs frequently, until the chiles are fragrant, about 1 minute per batch. Soak the chiles in enough cold water to cover until they're soft, about 30 minutes.
- ☐ Drain and discard the soaking water.
- ☐ Put the vinegar and beer in the blender jar with the chiles and the remaining adobo ingredients. Blend until smooth, at least 3 minutes, adding a little water if necessary to puree. If you like a silky, smooth texture, strain the adobo through a medium-mesh sieve. Set aside 1/2 cup of the adobo to marinate the steak, and keep the rest in an airtight container in the refrigerator for up to five days or in the freezer for up to one month.
- ☐ Pat the steaks dry, season them with the salt, then coat them generously with adobo.
- ☐ Let them marinate in the refrigerator for 1 to 2 hours.
- ☐ Heat a grill or grill pan over medium-high heat. Lightly oil the grill or grill pan and cook the steaks, 3 to 5 minutes on each side for medium-rare, depending on their thickness.
- ☐ Let the steaks rest for 5 minutes before slicing for tacos or serving as whole steaks.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:43.846086740494%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 547.28kcal (27.36%), Fat: 22.88g (35.21%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 22.14g (8.05%), Sugar: 19.61g (21.79%), Cholesterol: 142.88mg (47.63%), Sodium: 774.63mg (33.68%), Alcohol: 0.58g (100%), Alcohol %: 0.21% (100%), Protein: 54.43g (108.86%), Vitamin A: 11747.64IU (234.95%), Zinc: 15.17mg (101.17%), Vitamin B3: 16.98mg (84.88%), Vitamin B12: 4.83µg (80.56%), Vitamin B2: 1.28mg (75.25%), Selenium: 52.21µg (74.59%), Vitamin B6: 1.48mg (74.19%), Vitamin K: 60.67µg (57.78%), Fiber: 13.29g (53.16%), Potassium: 1577.02mg (45.06%), Vitamin C: 36.54mg (44.29%), Phosphorus: 439.01mg (43.9%), Iron: 7.06mg (39.23%), Manganese: 0.68mg (33.9%), Magnesium: 96.6mg (24.15%), Vitamin B5: 1.81mg (18.13%), Copper: 0.33mg (16.39%), Vitamin E: 2.03mg (13.55%), Vitamin B1: 0.2mg (13.26%), Folate: 37.76µg (9.44%), Calcium: 52.37mg (5.24%), Vitamin D: 0.23µg (1.51%)