



Carne Asada con Mojo (Grilled Beef with Sour Orange Marinade)



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mexican lager beer such as modelo especial
- ☐ 6 servings warm corn tortillas
- ☐ 2 bay leaves dried
- ☐ 1 sprig rosemary fresh (6 in.)
- ☐ 5 garlic cloves minced
- ☐ 6 servings guacamole
- ☐ 6 servings hot sauce such as tapatio brand, or salsa

- ☐ 2 teaspoons kosher salt
- ☐ 3 tablespoons juice of lime
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup orange juice freshly squeezed juiced (save 2 of the halves)
- ☐ 1.5 teaspoons mexican oregano crumbled
- ☐ 1.5 teaspoons pepper
- ☐ 1 large onion red sliced into half moons cut in half lengthwise, then
- ☐ 2 pounds skirt steak

Equipment

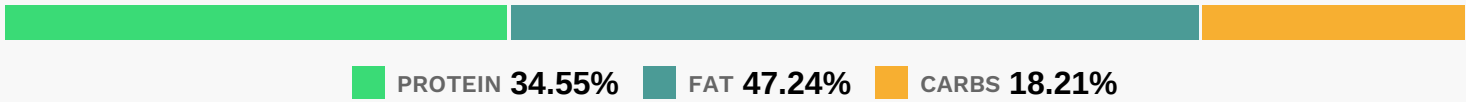
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Combine orange juice, beer, oil, lime juice, salt, pepper, oregano, garlic, bay leaves, and rosemary in a glass 9- by 13-in. baking dish.
- ☐ Add orange halves, onion, and steak and mix with your hands to coat evenly.
- ☐ Let stand at room temperature 1 hour, or chill, covered, 2 hours (no longer, or the citrus will "cook" the meat), turning meat occasionally.
- ☐ Heat a grill to very high (550 to 650). Discard rosemary, bay leaves, and orange halves.
- ☐ Drain meat and onions. Put onions on a doubled sheet of foil and turn up edges just a little to make a shallow 6- by 9-in. container.
- ☐ Grill onions on the foil, stirring occasionally with tongs, until edges start to char, 8 to 10 minutes.
- ☐ Add steak to grill and cook, turning once, until well browned and done the way you like, 8 minutes for medium-rare.
- ☐ Transfer steak and onions to a board; slice steak.
- ☐ Serve with tortillas, guacamole, and hot sauce.

*Warm directly on the grill just until hot, turning once; stack and wrap in a towel.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:7.09, Inflammation Score:-7, Nutrition Score:21.177826238715%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 402.58kcal (20.13%), Fat: 21.21g (32.63%), Saturated Fat: 5.59g (34.96%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 15.9g (5.78%), Sugar: 2.93g (3.25%), Cholesterol: 95.25mg (31.75%), Sodium: 892.08mg (38.79%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 34.9g (69.81%), Zinc: 10.19mg (67.9%), Vitamin B12: 3.22µg (53.74%), Selenium: 35.5µg (50.71%), Vitamin B3: 9.25mg (46.25%), Vitamin B6: 0.8mg (39.89%), Phosphorus: 333.05mg (33.31%), Vitamin B2: 0.53mg (30.93%), Iron: 3.42mg (19.03%), Manganese: 0.38mg (18.83%), Vitamin C: 14.93mg (18.09%), Potassium: 600.54mg (17.16%), Magnesium: 61.07mg (15.27%), Vitamin K: 12.01µg (11.44%), Vitamin E: 1.67mg (11.12%), Vitamin B5: 1.02mg (10.25%), Copper: 0.2mg (10.24%), Vitamin B1: 0.15mg (10.15%), Fiber: 2.49g (9.96%), Calcium: 54.21mg (5.42%), Folate: 19.69µg (4.92%), Vitamin A: 73.7IU (1.47%), Vitamin D: 0.15µg (1.01%)