



Citrus-Marinated Skirt Steak

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

READY IN



9 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper red crushed
- 1 teaspoon cumin
- 0.3 cup cilantro leaves fresh finely chopped
- 3 cloves garlic chopped
- 0.3 cup juice of lime fresh
- 0.5 cup orange juice
- 0.5 teaspoon oregano dried
- 1 teaspoon salt

1.3 pounds skirt steak

Equipment

grill

cutting board

Directions

Combine orange juice, lime juice, garlic, cilantro, salt, cumin, oregano and crushed red pepper in a large ziplock bag.

Add steak, seal bag and turn to coat with marinade.

Let stand at room temperature for 15 minutes.

Preheat a gas grill to high. Oil grill.

Remove steak from bag, discarding excess marinade. Grill steak to desired doneness, about 2 minutes per side for medium-rare.

Transfer steak to a cutting board and allow to stand for 5 minutes before slicing and serving.

Nutrition Facts

PROTEIN **51.08%** FAT **39.53%** CARBS **9.39%**

Properties

Glycemic Index:31, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:17.734782905682%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 241.08kcal (12.05%), Fat: 10.73g (16.51%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.33g (1.94%), Sugar: 2.92g (3.25%), Cholesterol: 89.3mg (29.77%), Sodium: 679.33mg (29.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.2g (62.41%), Zinc: 9.22mg (61.5%), Vitamin B12: 3.02µg (50.32%), Selenium: 31.62µg (45.18%), Vitamin B3: 8.27mg (41.33%), Vitamin B6: 0.67mg (33.58%), Vitamin B2:

0.47mg (27.85%), Vitamin C: 21.05mg (25.52%), Phosphorus: 232.84mg (23.28%), Iron: 3.08mg (17.09%), Potassium: 522.48mg (14.93%), Manganese: 0.2mg (9.97%), Magnesium: 39.33mg (9.83%), Vitamin B5: 0.92mg (9.22%), Vitamin B1: 0.13mg (8.39%), Copper: 0.15mg (7.6%), Vitamin K: 7.1µg (6.76%), Folate: 16.43µg (4.11%), Vitamin A: 196.25IU (3.92%), Calcium: 28.19mg (2.82%), Vitamin E: 0.32mg (2.16%), Fiber: 0.4g (1.6%)