



Citrus-Rubbed Skirt Steak



Gluten Free



Dairy Free

READY IN



36 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 teaspoons orange rind grated
- ☐ 1 pound skirt steak trimmed

Equipment

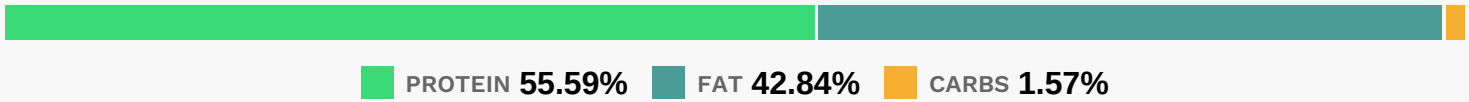
- ☐ bowl

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine first 5 ingredients in a bowl, stirring well. Lightly coat steak with cooking spray. Rub rind mixture evenly over steak.
- ☐ Heat a grill pan over medium–high heat. Coat pan with cooking spray.
- ☐ Add steak to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Let stand for 5 minutes; cut steak diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:12.247391130613%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 176.26kcal (8.81%), Fat: 8.42g (12.96%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.06g (0.06%), Cholesterol: 71.44mg (23.81%), Sodium: 220.42mg (9.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.18%), Zinc: 7.32mg (48.79%), Vitamin B12: 2.42µg (40.26%), Selenium: 25.08µg (35.82%), Vitamin B3: 6.46mg (32.3%), Vitamin B6: 0.51mg (25.38%), Vitamin B2: 0.37mg (21.53%), Phosphorus: 176.29mg (17.63%), Iron: 2.03mg (11.28%), Potassium: 339.14mg (9.69%), Vitamin B5: 0.67mg (6.7%), Magnesium: 25.6mg (6.4%), Manganese: 0.11mg (5.41%), Copper: 0.1mg (4.93%), Vitamin B1: 0.07mg (4.77%), Vitamin C: 2.93mg (3.55%), Vitamin K: 1.76µg (1.68%), Calcium: 11.29mg (1.13%)