



Coffee and Ancho Chile Skirt Steak with Green Chile-Apple Relish



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 0.3 pound to 2 chilies slit green such as anaheim or poblano, cut in half and seeded
- ☐ 1 tablespoon ground coffee finely
- ☐ 2 tsp kosher salt
- ☐ 1.5 teaspoons t brown sugar dark light packed
- ☐ 0.5 teaspoon juice of lime
- ☐ 0.5 small onion thick cut into slices

- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 4 servings bell pepper
- ☐ 1.5 lbs skirt steak
- ☐ 0.5 baking apples are apples that have a sweet-tart balance and hold their shape when such as granny smith, quartered and cored
- ☐ 1 tablespoon vegetable oil

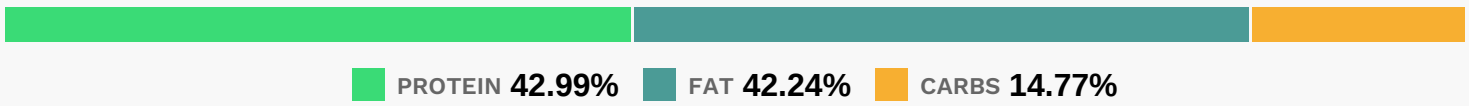
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat a grill to medium-high (350 to 450). In a small bowl, combine coffee, chile powder, 2 tsp. salt, and the brown sugar. Rub all over steak and let sit. Rub green chiles, apple, and onion with oil and season to taste with salt and pepper.
- ☐ Grill steak, turning once (dry rub on meat will be very dark), 8 to 10 minutes total for medium-rare. Meanwhile, grill chiles, apple, and onion until lightly charred all over, 6 to 8 minutes.
- ☐ Transfer everything to a cutting board, tent steak with foil, and let rest 5 minutes. Meanwhile, chop chiles, apple, and onion and transfer to a medium bowl. Stir in oregano and lime juice and season to taste with salt and pepper.
- ☐ Thinly slice steak against the grain and top with chile-apple relish.
- ☐ *Find ancho chile powder at well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.95, Inflammation Score:-10, Nutrition Score:29.816956421603%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 344.82kcal (17.24%), Fat: 16.57g (25.5%), Saturated Fat: 5.33g (33.31%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 9.03g (3.28%), Sugar: 8.43g (9.37%), Cholesterol: 107.16mg (35.72%), Sodium: 1406.26mg (61.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.89%), Vitamin C: 100.66mg (122.02%), Zinc: 11.26mg (75.07%), Vitamin B12: 3.62µg (60.38%), Vitamin A: 2956.23IU (59.12%), Selenium: 37.98µg (54.26%), Vitamin B3: 10.66mg (53.3%), Vitamin B6: 1.02mg (51.09%), Vitamin B2: 0.64mg (37.42%), Phosphorus: 292.88mg (29.29%), Iron: 3.82mg (21.22%), Potassium: 736.11mg (21.03%), Vitamin E: 2.48mg (16.52%), Fiber: 4g (16%), Vitamin K: 16.66µg (15.87%), Manganese: 0.29mg (14.72%), Magnesium: 52.24mg (13.06%), Vitamin B5: 1.27mg (12.7%), Folate: 42.95µg (10.74%), Vitamin B1: 0.16mg (10.39%), Copper: 0.19mg (9.34%), Calcium: 31.44mg (3.14%), Vitamin D: 0.17µg (1.13%)