



Espresso-Rubbed Skirt Steak with Pineapple Chimichurri



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons chili powder
- ☐ 1 tablespoon t brown sugar dark
- ☐ 1.3 pound flank steak
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons espresso powder finely
- ☐ 1 teaspoon pepper black
- ☐ 2 teaspoons kosher salt

- ☐ 3 and orange peppers red yellow thick cut into strips
- ☐ 4 servings pineapple

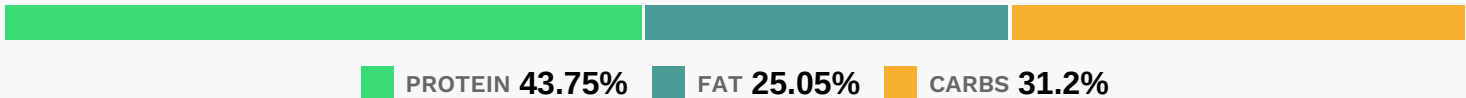
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to high heat (400).
- ☐ Combine first 6 ingredients; rub over both sides of steak.
- ☐ Grill steak and peppers 5 to 7 minutes on each side or until desired degree of doneness.
- ☐ Let steak rest 10 minutes before slicing.
- ☐ Serve steak and peppers with Pineapple Chimichurri.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:6.87, Inflammation Score:-10, Nutrition Score:32.259565270465%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 292.47kcal (14.62%), Fat: 8.34g (12.82%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 18.05g (6.56%), Sugar: 15.24g (16.93%), Cholesterol: 85.05mg (28.35%), Sodium: 1342.24mg (58.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.7mg (5.23%), Protein: 32.75g (65.51%), Vitamin C: 153.73mg (186.33%), Vitamin A: 4624IU (92.48%), Vitamin B6: 1.35mg (67.53%), Selenium: 43.52µg (62.17%), Vitamin B3: 10.96mg (54.82%), Manganese: 1.07mg (53.35%), Zinc: 6.04mg (40.29%), Phosphorus: 339.67mg (33.97%), Vitamin E: 4.14mg (27.58%), Potassium: 916.12mg (26.17%), Iron: 3.99mg (22.16%), Vitamin B12: 1.29µg (21.5%), Fiber: 5.31g (21.25%), Folate: 76.48µg (19.12%), Vitamin B2: 0.32mg (19.06%), Magnesium: 64.1mg (16.03%), Vitamin B1: 0.23mg (15.62%), Vitamin B5: 1.42mg (14.22%), Copper: 0.28mg (14.15%), Vitamin K: 13.82µg (13.17%), Calcium: 73.26mg (7.33%)