



## Garlic beef



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tbsp peppercorn black
- ☐ 6 garlic cloves
- ☐ 4 tbsp red wine vinegar
- ☐ 600 g well-trimmed beef skirt

## Equipment

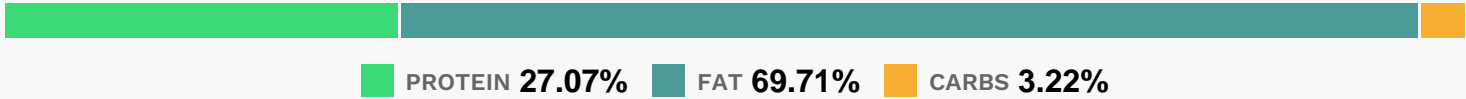
- ☐ frying pan
- ☐ oven
- ☐ mortar and pestle

☐ cutting board

## Directions

- ☐ In a pestle and mortar, crush peppercorns and garlic with a pinch of salt until you have a smooth-ish paste, then stir in the vinegar. Sit the beef in a non-metallic dish, then rub all over with the paste. Leave in the fridge for a few hrs, but no longer.
- ☐ To cook, place a griddle pan over a very hot heat. Rub the marinade off the meat, then season with a little more salt. Cook meat until charred on each side about 5 mins on each side for rare; if the cut is very thick, you may want to roast it in a hot oven for 5 mins after searing. Lift onto a chopping board, then rest for 5 mins before carving into slices and serving with chips, if you like.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:14.421304227217%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 396.81kcal (19.84%), Fat: 30.1g (46.31%), Saturated Fat: 11.55g (72.18%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.06g (0.07%), Cholesterol: 106.5mg (35.5%), Sodium: 102.96mg (4.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.31g (52.61%), Vitamin B12: 3.21µg (53.5%), Zinc: 6.36mg (42.38%), Selenium: 23.26µg (33.23%), Vitamin B3: 6.4mg (32%), Vitamin B6: 0.55mg (27.38%), Phosphorus: 249.03mg (24.9%), Manganese: 0.42mg (20.8%), Iron: 3.3mg (18.31%), Vitamin B2: 0.23mg (13.61%), Potassium: 462.08mg (13.2%), Vitamin B5: 0.81mg (8.15%), Magnesium: 31.5mg (7.87%), Copper: 0.14mg (6.98%), Vitamin K: 6.87µg (6.54%), Vitamin B1: 0.08mg (5.08%), Calcium: 47.11mg (4.71%), Vitamin E: 0.64mg (4.3%), Fiber: 0.73g (2.91%), Folate: 11.06µg (2.77%), Vitamin C: 1.48mg (1.79%)