



## Grilled Garlic-Marinated Skirt Steak with Lime

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons olive oil
- 24 servings coarse salt to taste
- 24 servings tortillas
- 3 tablespoons juice of lime fresh to taste
- 3 pounds skirt steak ( 3 long steaks)
- 3 tablespoons garlic finely chopped
- 24 servings salsa fresh
- 24 servings frangelico

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## Equipment

knife

grill

broiler

cutting board

broiler pan

## Directions

If necessary, trim steaks, leaving some fat. In a shallow dish rub steaks with garlic and oil. Marinate steaks, covered and chilled, at least 30 minutes and up to 1 day.

Prepare grill.

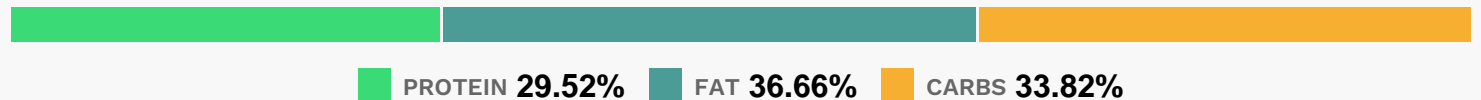
Season steaks generously with coarse salt and grill on a rack set 5 to 6 inches over glowing coals 2 to 3 minutes on each side for medium-rare. (Alternatively, steaks may be broiled on rack of a broiler pan under a preheated broiler 3 inches from heat about 4 minutes on each side.)

Transfer steaks to a cutting board and drizzle with lime juice.

Let steaks stand, uncovered, 5 to 10 minutes and with a sharp knife cut diagonally across grain into thin slices.

Serve steak with accompaniments.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:4.77, Inflammation Score:-3, Nutrition Score:10.675217374511%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 205.26kcal (10.26%), Fat: 8.42g (12.95%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 15.81g (5.75%), Sugar: 2.37g (2.64%), Cholesterol: 35.72mg (11.91%), Sodium: 662.17mg (28.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.49%), Selenium: 19.6µg (27.99%), Zinc: 3.89mg (25.92%), Vitamin B3: 4.91mg (24.56%), Vitamin B12: 1.21µg (20.13%), Vitamin B6: 0.33mg (16.69%), Vitamin B2: 0.28mg (16.33%), Phosphorus: 161.15mg (16.11%), Vitamin B1: 0.2mg (13.24%), Iron: 2.25mg (12.51%), Manganese: 0.25mg (12.45%), Potassium: 291.88mg (8.34%), Folate: 31.4µg (7.85%), Fiber: 1.65g (6.62%), Magnesium: 24.28mg (6.07%), Calcium: 58.37mg (5.84%), Vitamin K: 5.44µg (5.18%), Copper: 0.1mg (5.14%), Vitamin E: 0.7mg (4.69%), Vitamin B5: 0.45mg (4.51%), Vitamin A: 159.16IU (3.18%), Vitamin C: 1.48mg (1.8%)