



Grilled Pesto Marinated Skirt Steak with Blue Cheese Fondue

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



915 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 pound cambozola cheese blue crumbled
- ☐ 1.5 teaspoons thyme leaves fresh finely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 cups heavy cream
- ☐ 2 cups pesto jarred
- ☐ 6 servings gray salt and pepper black freshly ground

- ☐ 1.5 pound skirt steak cut lengthwise into 1/2-inch slices, room temperature
- ☐ 1 tablespoon butter unsalted

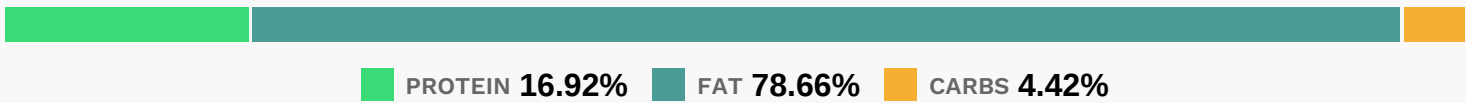
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak 15 wooden skewers in cold water for 30 minutes.
- ☐ Heat the grill.
- ☐ Thread the meat onto skewers, season with salt and pepper, and coat with the pesto. Grill to desired doneness. You can also cook the meat to medium rare then finish it off in the oven just before the party.
- ☐ In a small pan over medium-low heat, cook the butter, thyme, and garlic until the garlic is soft, about 2 minutes. Be careful not to let the garlic brown.
- ☐ Add the cream, raise the heat to medium, and bring the cream to a simmer. Cook until the cream is reduced by 1/
- ☐ Lower the heat to maintain a slow simmer.
- ☐ Add the cheese and stir until the cheese is melted and the mixture is smooth.
- ☐ Add the pepper and pour into a fondue pot set over low heat.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.33, Inflammation Score:-9, Nutrition Score:22.089564976485%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg 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: 915.02kcal (45.75%), Fat: 80.39g (123.67%), Saturated Fat: 34.95g (218.41%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.71g (3.17%), Sugar: 5.16g (5.73%), Cholesterol: 201.07mg (67.02%), Sodium: 1304.31mg (56.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.91g (77.83%), Vitamin A: 3213.35IU (64.27%), Zinc: 8.52mg (56.79%), Vitamin B12: 3.01µg (50.12%), Selenium: 32.91µg (47.02%), Calcium: 396.14mg (39.61%), Vitamin B2: 0.66mg (38.85%), Phosphorus: 369.07mg (36.91%), Vitamin B3: 6.89mg (34.44%), Vitamin B6: 0.59mg (29.62%), Iron: 2.79mg (15.48%), Vitamin B5: 1.52mg (15.24%), Potassium: 511.3mg (14.61%), Vitamin D: 1.61µg (10.71%), Magnesium: 40.48mg (10.12%), Manganese: 0.14mg (6.94%), Vitamin E: 0.99mg (6.63%), Vitamin B1: 0.1mg (6.43%), Copper: 0.13mg (6.25%), Fiber: 1.45g (5.8%), Vitamin K: 5.62µg (5.35%), Folate: 20.52µg (5.13%), Vitamin C: 1.43mg (1.74%)