



Grilled Skirt Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 teaspoons peppercorns whole black
- ☐ 1 tablespoon sea salt
- ☐ 4 servings accompaniment: chimichurri sauce
- ☐ 2 lb skirt steak (three)

Equipment

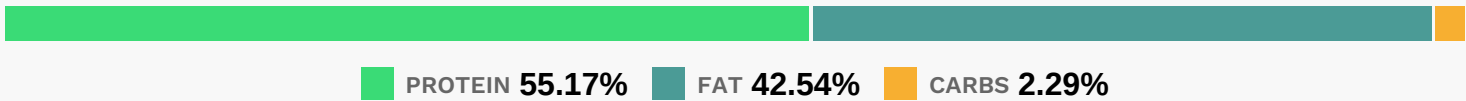
- ☐ frying pan
- ☐ knife
- ☐ grill

- ☐ aluminum foil
- ☐ kitchen towels
- ☐ mortar and pestle
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Prepare grill for cooking over direct heat with hot charcoal (high heat for gas; see Grilling Procedure).
- ☐ While grill is heating, coarsely crush peppercorns with a mortar and pestle or by wrapping them in a kitchen towel and pressing with bottom of a heavy skillet.
- ☐ Pat steaks dry and sprinkle both sides with salt and crushed pepper, pressing to help adhere. Grill steaks on lightly oiled grill rack (covered only if using a gas grill), turning over once and moving around to avoid flare-ups if necessary, 6 to 8 minutes total for medium-rare.
- ☐ Transfer steaks to a cutting board and let stand, loosely covered with foil, 5 minutes. Thinly slice steaks diagonally.
- ☐ · Steaks can be grilled in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan in batches over moderately high heat.· If your sea salt is very coarse, lightly crush it with a mortar and pestle or the side of a large heavy knife.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:25.19782654358%

Nutrients (% of daily need)

Calories: 355.12kcal (17.76%), Fat: 16.9g (25.99%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.25g (0.28%), Cholesterol: 142.88mg (47.63%), Sodium: 1906.35mg (82.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.31g (98.61%), Zinc: 14.64mg (97.62%), Vitamin B12: 4.83µg (80.51%), Selenium: 50.03µg (71.48%), Vitamin B3: 12.9mg (64.51%), Vitamin B6: 0.99mg (49.73%), Vitamin B2: 0.73mg (42.98%), Phosphorus: 353.61mg (35.36%), Manganese: 0.54mg (27.17%), Iron: 4.27mg (23.74%), Potassium: 699.15mg (19.98%), Magnesium: 54.64mg (13.66%), Vitamin B5: 1.35mg (13.54%), Copper: 0.23mg

(11.31%), Vitamin B1: 0.14mg (9.27%), Vitamin K: 7.9µg (7.53%), Fiber: 0.7g (2.78%), Calcium: 26.87mg (2.69%), Folate: 7.27µg (1.82%), Vitamin E: 0.26mg (1.7%), Vitamin D: 0.23µg (1.51%)