

Grilled Skirt Steak Gluten Free Dairy Free Low Fod Map SERVINGS A0 min. CALORIES A1 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		
	PROTEIN 55.17% FAT 42.54% CARBS 2.29%	

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: Og (100%), Alcohol %: O% (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%)