



Grilled Skirt Steak and Roasted Tomatillo Sauce

 Gluten Free  Dairy Free

READY IN



113 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 8 garlic clove divided
- ☐ 1.5 teaspoons ground cumin divided
- ☐ 1 guajillo chiles* dried stemmed
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lime fresh divided

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion sliced
- ☐ 3 tablespoons oregano fresh divided chopped
- ☐ 1 pound skirt steak trimmed
- ☐ 1 Dash sugar
- ☐ 8 ounces tomatillos
- ☐ 1 cup water boiling

Equipment

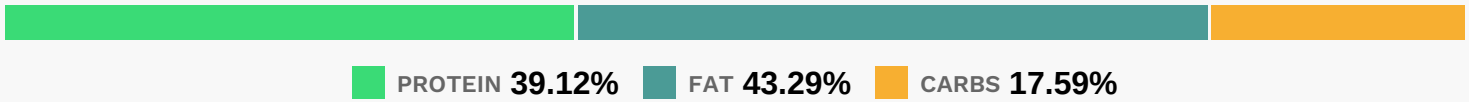
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine 1 cup boiling water and chile in a small bowl; let stand 10 minutes or until hydrated.
- ☐ Drain; finely chop chile.
- ☐ Combine chile, 1 tablespoon oregano, 1 tablespoon juice, oil, and 1 teaspoon cumin in a zip-top plastic bag. Mince 4 garlic cloves; add to bag.
- ☐ Add steak to bag; seal. Shake to coat; refrigerate 1 hour.
- ☐ Preheat oven to 45
- ☐ Crush remaining 4 garlic cloves. Arrange crushed garlic, onion, and tomatillos in a single layer on a baking sheet coated with cooking spray; lightly coat vegetables with cooking spray.
- ☐ Bake at 450 for 20 minutes or until charred.
- ☐ Combine tomatillo mixture, remaining 2 tablespoons oregano, remaining 1 tablespoon juice, remaining 1/2 teaspoon cumin, 1/2 teaspoon salt, 1/4 teaspoon pepper, and sugar in a blender; process until smooth, scraping sides.

- ☐ Preheat the grill to high heat.
- ☐ Remove steak from bag; sprinkle both sides of steak evenly with remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper.
- ☐ Place steak on grill rack coated with cooking spray. Grill 2 minutes on each side or until a thermometer inserted into the thickest portion of steak registers 135 or until desired degree of doneness.
- ☐ Let steak stand 10 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Place 3 ounces steak on each of 4 plates. Top each serving with about 3 tablespoons sauce; sprinkle each serving with 1 1/2 teaspoons cilantro.

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:20.07913043188%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 258.93kcal (12.95%), Fat: 12.93g (19.89%), Saturated Fat: 3.79g (23.71%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 8.22g (2.99%), Sugar: 4.05g (4.5%), Cholesterol: 71.44mg (23.81%), Sodium: 664.94mg (28.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.58%), Zinc: 7.7mg (51.31%), Vitamin B12: 2.42µg (40.26%), Vitamin B3: 7.85mg (39.25%), Selenium: 26.45µg (37.79%), Vitamin B6: 0.68mg (33.86%), Vitamin K: 35.3µg (33.62%), Manganese: 0.58mg (28.89%), Vitamin B2: 0.43mg (25.28%), Iron: 4.49mg (24.96%), Phosphorus: 224.15mg (22.41%), Potassium: 628.32mg (17.95%), Vitamin C: 12.71mg (15.4%), Fiber: 3.6g (14.39%), Magnesium: 55.33mg (13.83%), Copper: 0.21mg (10.71%), Vitamin E: 1.6mg (10.7%), Calcium: 98.51mg (9.85%), Vitamin B5: 0.86mg (8.62%), Vitamin B1: 0.13mg (8.58%), Vitamin A: 399.03IU (7.98%), Folate: 21.7µg (5.42%)