



Grilled Skirt Steak (Arracheras)

 Dairy Free

READY IN



340 min.

SERVINGS



8

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz can beer canned
- ☐ 1.5 tablespoons coarse kosher salt
- ☐ 12 flour tortillas warmed (8 in. each)
- ☐ 2 tablespoons garlic minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 tbsp chipotle hot sauce such as tabasco chipotle pepper sauce, plus more for serving
- ☐ 0.3 cup juice of lime fresh
- ☐ 8 servings lime wedges

- ☐ 0.3 cup orange juice fresh
- ☐ 3 large onions red cut into 1/2-in.-thick slices
- ☐ 2 lb skirt steaks trimmed

Equipment

- ☐ paper towels
- ☐ knife
- ☐ grill
- ☐ ziploc bags

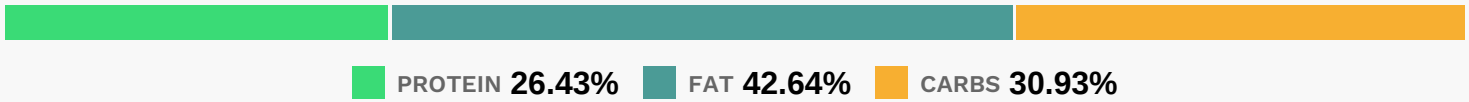
Directions

- ☐ Cut each steak in half crosswise. Put in a large resealable plastic bag. Stir together beer, orange juice, lime juice, hot sauce, and garlic, then pour over steaks. Seal bag and refrigerate at least 5 hours and up to overnight.
- ☐ Prepare a gas or charcoal grill for medium-high heat (see "Set Up Your Grill: Direct Grilling," below). Keep a spray bottle filled with water on hand for any flare-ups.
- ☐ Drain meat and discard marinade. Blot dry with paper towels.
- ☐ Mix salt and cumin and rub into meat. Spray onions lightly with oil and set, with steaks, on a cleaned and oiled cooking grate. Do not cover. For medium-rare to medium doneness (cut to check), grill steaks 3 to 4 minutes per side if less than 1/2 in. thick; add 1 more minute per side if more than 1/2 in. thick. Turn steaks at least once while grilling (more if juice starts to pool on surface). Grill onions, turning once, until browned on both sides and cooked through, 8 to 10 minutes total.
- ☐ After removing steaks from grill, let rest 5 minutes (so juices redistribute through the meat) before slicing. With a sharp knife at a slight diagonal, cut across grain into thin strips.
- ☐ Serve meat and onions with tortillas, lime wedges, and hot sauce.
- ☐ Set up your grill: Direct Grilling
- ☐ ON CHARCOAL: Ignite 75 to 85 briquets in a chimney starter (or on the fuel grate); open grill vents. When coals are coated with ash, spread into an even layer (if you like, leave a small area empty to create a cooler zone). Check heat: If you can hold your hand 1 or 2 in. above cooking-grate level only 1 to 2 seconds, that's high heat. For medium-high heat, wait until you can hold your hand there only 2 to 3 seconds.

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ON GAS: Turn all burners to high, close lid, and heat for 15 minutes. Then adjust to desired heat.

Nutrition Facts



Properties

Glycemic Index:27.56, Glycemic Load:9.11, Inflammation Score:-6, Nutrition Score:17.59086967292%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 430.57kcal (21.53%), Fat: 19.95g (30.69%), Saturated Fat: 8.53g (53.29%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 29.07g (10.57%), Sugar: 5.77g (6.41%), Cholesterol: 69.17mg (23.06%), Sodium: 1706mg (74.17%), Alcohol: 1.66g (100%), Alcohol %: 0.78% (100%), Protein: 27.81g (55.62%), Selenium: 38.49µg (54.99%), Zinc: 6.19mg (41.24%), Vitamin B3: 7.88mg (39.41%), Vitamin B12: 1.89µg (31.52%), Vitamin B6: 0.58mg (29.05%), Phosphorus: 281.4mg (28.14%), Vitamin B2: 0.43mg (25.1%), Vitamin B1: 0.36mg (24.18%), Iron: 4mg (22.23%), Manganese: 0.33mg (16.54%), Folate: 59.35µg (14.84%), Fiber: 3.49g (13.95%), Potassium: 472.23mg (13.49%), Vitamin C: 10.14mg (12.29%), Magnesium: 43.81mg (10.95%), Calcium: 94.99mg (9.5%), Copper: 0.17mg (8.49%), Vitamin K: 5.22µg (4.97%), Vitamin B5: 0.18mg (1.8%)