



Grilled Skirt Steak Gyros

READY IN



35 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon mint leaves dried
- 3 cloves garlic minced
- 1 bell pepper green seeded sliced into 1/2-inch-thick rings
- 4 servings kosher salt and pepper freshly ground
- 0.3 cup olive oil extra-virgin
- 1 onion sliced into 1/2-inch-thick rounds
- 1 teaspoon oregano dried
- 0.5 teaspoon paprika
- 4 pocketless pitas

- 0.5 cup greek yogurt plain 2%
- 1 pound skirt steak
- 1 tomatoes chopped
- 1 bunch watercress roughly chopped

Equipment

- bowl
- whisk
- grill
- slotted spoon

Directions

- Whisk the olive oil, garlic, mint (if using), oregano, paprika, 1 teaspoon salt, and pepper to taste in a large bowl.
- Transfer 1 tablespoon of the marinade to a small bowl; mix in the yogurt and 2 tablespoons water.
- Add the bell pepper and onion to the bowl with the remaining marinade and toss; remove to a plate with a slotted spoon.
- Add the steak to the bowl and toss.
- Grill the bell pepper, onion and steak, turning once, until lightly charred, about 4 minutes per side for the vegetables and 4 to 8 minutes per side for the steak (depending on the thickness). Set aside to rest, about 5 minutes. Meanwhile, grill the pitas until marked, about 1 minute per side.
- Slice the steak against the grain. Fill the pitas with the steak, grilled vegetables, tomato and watercress.
- Drizzle with the yogurt sauce.
- Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 24.99% FAT 46.11% CARBS 28.9%

Properties

Glycemic Index:63.5, Glycemic Load:30.27, Inflammation Score:-8, Nutrition Score:23.483043245647%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 530.78kcal (26.54%), Fat: 27.39g (42.13%), Saturated Fat: 5.8g (36.22%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 35.63g (12.96%), Sugar: 3.59g (3.99%), Cholesterol: 72.69mg (24.23%), Sodium: 585.35mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.4g (66.79%), Zinc: 8.1mg (54.03%), Vitamin B12: 2.59µg (43.17%), Vitamin C: 33.57mg (40.69%), Vitamin B3: 8.13mg (40.65%), Selenium: 27.97µg (39.96%), Vitamin B6: 0.7mg (35.12%), Vitamin K: 36.25µg (34.52%), Vitamin B2: 0.53mg (30.97%), Phosphorus: 293.32mg (29.33%), Manganese: 0.57mg (28.46%), Vitamin E: 3.22mg (21.45%), Iron: 3.54mg (19.66%), Vitamin B1: 0.28mg (18.42%), Potassium: 642.93mg (18.37%), Vitamin A: 721.35IU (14.43%), Magnesium: 55.79mg (13.95%), Copper: 0.26mg (12.98%), Fiber: 2.99g (11.96%), Calcium: 117.38mg (11.74%), Vitamin B5: 1.1mg (10.99%), Folate: 34µg (8.5%)