



Grilled Skirt Steak with Asian BBQ Sauce

 **Gluten Free**  **Dairy Free**

READY IN



28 min.

SERVINGS



2

CALORIES



1023 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon chile paste
- 1 tablespoon fish sauce
- 2 cloves garlic clove mashed
- 0.5 juice of orange juiced
- 2 tablespoons rice vinegar
- 1.5 tablespoons soya sauce
- 2 pounds skirt steaks trimmed

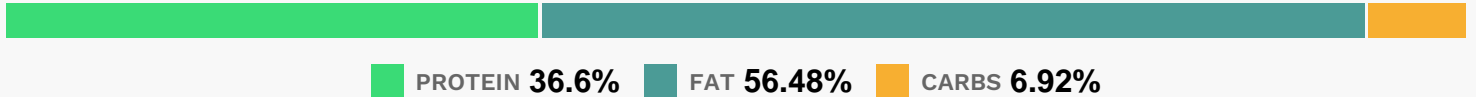
Equipment

- bowl
- whisk
- grill
- kitchen thermometer

Directions

- Preheat grill for medium heat and lightly oil the grate.
- Whisk orange juice, brown sugar, rice vinegar, soy sauce, chile paste, fish sauce, and garlic in a large bowl.
- Add skirt steak and marinate for 15 minutes.
- Cook steaks on the preheated grill until they are browned and are hot and slightly pink in the center, about 4 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:36.642608461173%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1022.74kcal (51.14%), Fat: 64.22g (98.8%), Saturated Fat: 28.54g (178.39%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 17.47g (6.35%), Sugar: 14.21g (15.79%), Cholesterol: 276.69mg (92.23%), Sodium: 1702.42mg (74.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 93.65g (187.29%), Selenium: 112.36µg (160.51%), Zinc: 23.41mg (156.04%), Vitamin B12: 7.57µg (126.21%), Vitamin B3: 23.17mg (115.86%), Vitamin B6: 1.93mg (96.67%),

Phosphorus: 683.77mg (68.38%), Vitamin B2: 1.12mg (66.07%), Iron: 8.43mg (46.82%), Potassium: 1358.08mg (38.8%), Magnesium: 121mg (30.25%), Vitamin B1: 0.43mg (28.99%), Copper: 0.41mg (20.45%), Vitamin C: 9.76mg (11.83%), Manganese: 0.16mg (7.85%), Vitamin K: 6.97µg (6.63%), Folate: 26.14µg (6.53%), Calcium: 57.92mg (5.79%), Vitamin D: 0.45µg (3.02%), Vitamin A: 115.31IU (2.31%), Vitamin B5: 0.12mg (1.24%)