



## Grilled Skirt Steak with Guacamole and Rajas

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 avocado ripe
- ☐ 8 10-inch flour tortilla ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon jalapeno stemmed seeded chopped
- ☐ 2 tablespoons lime fresh quartered for garnish
- ☐ 4 servings pepper black freshly ground
- ☐ 2 poblano pepper whole

- ☐ 8 small radishes ends trimmed thinly sliced
- ☐ 1 pound skirt steak trimmed

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ baking pan
- ☐ potato masher
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board

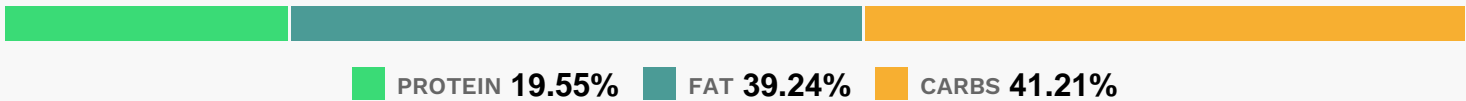
## Directions

- ☐ Cut the skirt steak into four equally sized portions. Season both sides with salt and pepper.
- ☐ Add 1 tablespoon lime juice to a small baking dish, add the skirt steak, tossing it in the juice. Set aside for ten minutes, flipping the pieces halfway through.
- ☐ Meanwhile, adjust rack to four inches below broiler element. Preheat broiler to high.
- ☐ Place the poblanos on a sheet pan wrapped in aluminum foil, and set under the broiler. Cook until charred on top, 3 to 4 minutes. Flip char on the other side, another three to four minutes.
- ☐ Transfer peppers to a medium bowl, cover tightly in plastic wrap, and let steam for ten minutes.
- ☐ Remove blackened skin with your fingers.
- ☐ Cut off the stems, remove the seeds, and then cut the flesh into 1/4-inch wide strips.
- ☐ Remove the skirt steak pieces from the dish, and use a paper towel to dry the pieces.
- ☐ Place the pieces on the sheet pan and set underneath the broiler. Cook until browned on the top, 3 to 4 minutes, rotating the pan halfway through. Flip the steaks and brown on the other side, until thickest part of steak registers 125 to 130°F on an instant read thermometer and

surface is well browned, 3 to 4 minutes longer.

- ☐ Transfer to cutting board and allow to rest for 5 minutes.
- ☐ Meanwhile, split avocados in half, remove pits, and scoop out flesh into a medium bowl. Mash with a potato masher or large spoon. Stir in the garlic, white onion, jalapeño, and a tablespoon of lime juice. Season with salt to taste.
- ☐ Warm the tortillas on a 10-inch skillet set over medium heat for a few seconds until soft and pliant. Slice steak thinly against the grain. To construct for serving, add a few pieces of sliced steak to each tortilla, and top with rajas, guacamole, and sliced radish.
- ☐ Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:68.5, Glycemic Load:22.99, Inflammation Score:-8, Nutrition Score:41.073043149451%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 778.83kcal (38.94%), Fat: 34.5g (53.08%), Saturated Fat: 9.41g (58.79%), Carbohydrates: 81.54g (27.18%), Net Carbohydrates: 68.57g (24.93%), Sugar: 7.58g (8.42%), Cholesterol: 71.44mg (23.81%), Sodium: 1116.4mg (48.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.67g (77.34%), Selenium: 56.74µg (81.06%), Vitamin C: 64.3mg (77.94%), Vitamin B3: 14.74mg (73.7%), Zinc: 8.8mg (58.67%), Vitamin B1: 0.88mg (58.58%), Folate: 225.27µg (56.32%), Vitamin B2: 0.91mg (53.67%), Phosphorus: 531.29mg (53.13%), Fiber: 12.97g (51.87%), Manganese: 1.04mg (51.86%), Vitamin B6: 1mg (49.92%), Iron: 7.91mg (43.97%), Vitamin B12: 2.42µg (40.26%), Vitamin K: 41.33µg (39.36%), Potassium: 1128.9mg (32.25%), Copper: 0.48mg (24.07%), Vitamin B5: 2.38mg (23.79%), Calcium: 234.12mg (23.41%), Magnesium: 92.6mg (23.15%), Vitamin E: 2.58mg (17.21%), Vitamin A: 486.25IU (9.73%)