



## Grilled Skirt Steak with Mushrooms, Blue Cheese, and Bacon

 Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon
- 4 servings pepper black freshly ground
- 0.3 cup cheese blue crumbled
- 8 ounces crimini mushrooms cleaned
- 0.5 cup wine dry red
- 3 medium garlic clove finely chopped
- 4 servings kosher salt

- 2 teaspoons flat parsley italian finely chopped
- 0.5 medium onion red separated halved
- 1 pound skirt steak
- 4 servings vegetable oil for coating the vegetables and grill
- 2 tablespoons worcestershire sauce
- 40 inch frangelico for 30 minutes to avoid burning on the grill)
- 40 inch frangelico for 30 minutes to avoid burning on the grill (soak wooden skewers in water )

## Equipment

- bowl
- baking sheet
- paper towels
- whisk
- baking pan
- grill
- aluminum foil
- skewers
- cutting board

## Directions

- Place the wine, garlic, pepper, and salt in 13-by-9-inch baking dish and whisk to combine.
- Heat an outdoor grill to high (about 450°F to 550°F).Meanwhile, prepare the skewers: Thread half of the mushrooms onto 1 skewer through the center of the cap and out through the stem. Repeat with the remaining mushrooms on a second skewer. Thread equal amounts of onion onto the remaining 2 skewers, leaving 1/4 inch in between the onion pieces.
- Brush the mushrooms and onions all over with vegetable oil. Then brush the mushrooms all over with a thin layer of Worcestershire sauce; set the mushroom skewers and the remaining Worcestershire sauce aside. Season the onion skewers with salt and pepper; set aside.Rub the grill grates with a towel dipped in vegetable oil.

- Place the bacon flat on the grill, cover the grill, and cook, flipping halfway through, until the bacon is crisp, about 5 minutes total.
- Remove to a medium bowl to cool, then crumble and set aside.
- Place the mushroom and onion skewers on the grill and cover the grill. Cook, brushing the mushrooms with the reserved Worcestershire sauce every 2 minutes and rotating all of the skewers until the mushrooms and onions have charred and are slightly softened, about 13 to 15 minutes total. (You may have some Worcestershire sauce left over.)
- Remove the skewers to a baking sheet or large dish, cover with foil, and set aside.
- Remove the steak from the marinade and pat dry with paper towels; discard the marinade. Rub the grill grates again with oil.
- Place the steak on the grill, cover the grill, and cook until medium rare, flipping halfway through, about 5 to 6 minutes total.
- Remove to a cutting board and let rest while you finish the topping.
- Remove the mushrooms and onions from the skewers.
- Cut the mushrooms into quarters and add to the bowl with the bacon. Coarsely chop the onions and add them to the bowl.
- Add the blue cheese and parsley and stir to combine. Taste and season with salt and pepper as needed. Slice the skirt steak and serve with the topping.

## Nutrition Facts

 **PROTEIN 27.06%**  **FAT 66.43%**  **CARBS 6.51%**

## Properties

Glycemic Index:37, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:21.505652277366%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

## Nutrients (% of daily need)

Calories: 471.82kcal (23.59%), Fat: 33.64g (51.76%), Saturated Fat: 9.79g (61.19%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 6.78g (2.46%), Sugar: 2.47g (2.75%), Cholesterol: 92.29mg (30.76%), Sodium: 626.19mg (27.23%), Alcohol: 3.15g (100%), Alcohol %: 1.48% (100%), Protein: 30.83g (61.66%), Selenium: 45.77µg (65.39%), Zinc: 8.48mg (56.52%), Vitamin B3: 9.65mg (48.27%), Vitamin B12: 2.68µg (44.75%), Vitamin B2: 0.71mg (41.66%), Vitamin B6: 0.67mg (33.65%), Phosphorus: 319.72mg (31.97%), Vitamin K: 28.81µg (27.44%), Potassium: 749.04mg (21.4%), Copper: 0.42mg (21.04%), Vitamin B5: 1.81mg (18.08%), Iron: 2.87mg (15.97%), Vitamin B1: 0.2mg (13.47%), Manganese: 0.25mg (12.33%), Magnesium: 37.87mg (9.47%), Vitamin E: 1.39mg (9.28%), Calcium: 79.62mg (7.96%), Folate: 24.07µg (6.02%), Vitamin C: 2.89mg (3.5%), Fiber: 0.65g (2.59%), Vitamin D: 0.3µg (2%), Vitamin A: 93.54IU (1.87%)