



Grilled Skirt Steak with Red Miso

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 medium garlic clove minced
- 2 tablespoons granulated sugar
- 2 tablespoons mirin
- 6 tablespoons miso paste red
- 2 tablespoons rice wine
- 2 pounds skirt steak
- 6 servings vegetable oil for oiling the grill

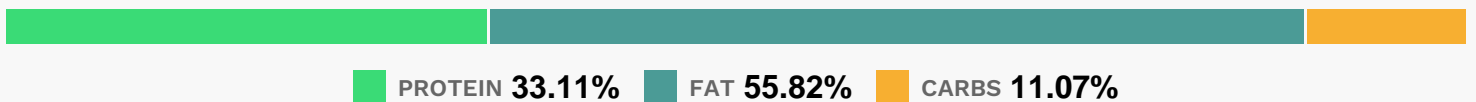
Equipment

- bowl
- baking sheet
- whisk
- grill
- aluminum foil
- spatula
- grill pan
- cutting board

Directions

- Whisk together the miso, garlic, mirin, sake, sugar, and tobanjan in a medium bowl until combined and the sugar has dissolved.
- Pour the marinade onto a rimmed baking sheet and spread it out slightly with a spatula.
- Lay the steak pieces in the marinade and flip to generously coat all over. Marinate for 1 hour at room temperature.
- Heat an indoor grill pan or outdoor grill to medium high (about 375°F to 425°F). Rub the grill grates with a towel dipped in vegetable oil.
- Place the marinated skirt steak on the grill, cover the grill, and cook until the meat reaches medium rare, about 3 minutes per side.
- Remove to a cutting board, set in a warm place or tent loosely with foil, and let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:5.1, Inflammation Score:-3, Nutrition Score:19.338260743929%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 422.91kcal (21.15%), Fat: 26.25g (40.39%), Saturated Fat: 6.49g (40.57%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 10.74g (3.91%), Sugar: 6.4g (7.12%), Cholesterol: 95.25mg (31.75%), Sodium: 777.81mg (33.82%), Alcohol: 1.37g (100%), Alcohol %: 0.87% (100%), Protein: 35.03g (70.07%), Zinc: 10.2mg (68.02%), Vitamin B12: 3.23µg (53.9%), Selenium: 34.9µg (49.86%), Vitamin B3: 8.75mg (43.76%), Vitamin B6: 0.72mg (36.13%), Vitamin K: 33.04µg (31.46%), Vitamin B2: 0.53mg (31%), Phosphorus: 264mg (26.4%), Iron: 3.14mg (17.43%), Manganese: 0.31mg (15.67%), Potassium: 488.55mg (13.96%), Magnesium: 42.35mg (10.59%), Copper: 0.21mg (10.25%), Vitamin B5: 0.95mg (9.49%), Vitamin E: 1.3mg (8.67%), Vitamin B1: 0.11mg (7.49%), Fiber: 0.97g (3.88%), Calcium: 23.58mg (2.36%), Folate: 7.84µg (1.96%), Vitamin D: 0.15µg (1.01%)