



Grilled Skirt Steaks with Parsley Oregano Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup flat parsley coarsely chopped
- ☐ 2 large garlic clove
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.7 cup olive oil
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 teaspoon pepper dried hot
- ☐ 0.5 pound skirt steak

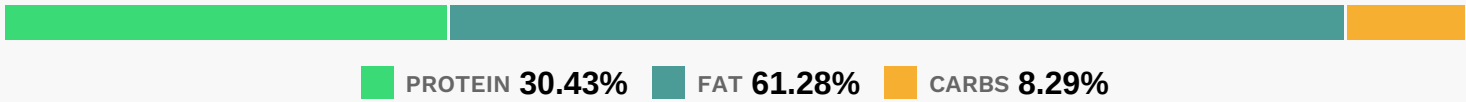
Equipment

- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat grill pan over medium-high heat until hot, then lightly oil. Pat steaks dry and sprinkle all over with 1 teaspoon salt and 1/4 teaspoon black pepper (total).
- ☐ Grill steaks, turning over occasionally, 2 to 8 minutes total for medium-rare (depending on thickness of meat).
- ☐ Transfer to a platter and let stand 5 minutes.
- ☐ While steaks are grilling, purée remaining ingredients with 3/4 teaspoon salt in a blender until smooth.
- ☐ Serve steaks with sauce.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.3, Inflammation Score:-9, Nutrition Score:15.283043514127%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 165.17kcal (8.26%), Fat: 11.62g (17.87%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.43g (0.89%), Sugar: 0.46g (0.51%), Cholesterol: 35.72mg (11.91%), Sodium: 50.87mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.96%), Vitamin K: 257.78µg (245.51%), Vitamin C:

24.98mg (30.28%), Vitamin A: 1366.97IU (27.34%), Zinc: 3.88mg (25.86%), Vitamin B12: 1.21µg (20.13%), Selenium: 12.81µg (18.3%), Vitamin B3: 3.52mg (17.61%), Vitamin B6: 0.3mg (15.01%), Iron: 2.42mg (13.44%), Vitamin B2: 0.21mg (12.22%), Phosphorus: 102.66mg (10.27%), Vitamin E: 1.52mg (10.12%), Potassium: 289.92mg (8.28%), Manganese: 0.15mg (7.65%), Folate: 28.5µg (7.12%), Magnesium: 24.63mg (6.16%), Calcium: 45.8mg (4.58%), Fiber: 1.1g (4.4%), Copper: 0.09mg (4.34%), Vitamin B5: 0.43mg (4.28%), Vitamin B1: 0.06mg (3.74%)