

# **Grilled Skirt Steaks with Tomatillos Two Ways**

**Gluten Free** 





LUNCH

MAIN COURSE

MAIN DISH

DINNER

## **Ingredients**

1 cup cilantro leaves packed
1 cup cilantro leaves
1 tablespoon t brown sugar dark packed
2 garlic clove
0.8 teaspoon ground cumin
2 teaspoons juice of lime fresh
1 teaspoon blackstrap molasses (not blackstrap)

4 pasilla de oaxaca dried smoked (chiles)

	2 toggnoons shallots finally shanned	
님	2 teaspoons shallots finely chopped	
ᆜ	1.8 pounds skirt steak halved	
Ш	0.5 pound tomatillos fresh husked rinsed	
	0.3 cup vegetable oil divided	
Equipment		
	bowl	
	frying pan	
	whisk	
	blender	
	grill	
	aluminum foil	
	tongs	
	grill pan	
	cutting board	
Di	rections	
	Slit chiles lengthwise, then stem and seed.	
	Heat a dry heavy skillet (not nonstick) over medium heat until hot, then toast chiles, opened flat, turning and pressing with tongs, until more pliable and slightly changed in color, about 1 minute. Cover chiles with hot water in a bowl and soak until softened, about 20 minutes, then drain.	
	Purée chiles, tomatillos, cilantro, garlic, brown sugar, molasses, cumin, and 1 teaspoon salt in a blender until smooth, about 1 minute.	
	Heat oil in a 10-inch heavy skillet over medium-high heat until it shimmers, then cook salsa (it will spatter), stirring occasionally, until slightly thicker, 5 to 8 minutes.	
	Prepare a grill for direct-heat cooking over hot charcoal (high heat for gas); see Grilling Procedure.	
	Whisk together 2 tablespoons oil, cumin, 11/2 teaspoons salt, and 1 tsp pepper, then coat steaks.	

Nutrition Facts
•Steaks can be cooked in a hot oiled 2-burner grill pan over medium-high heat, 4 to 10 minutes for medium-rare. •Salsa (not salad) can be made 1 day ahead and chilled. Rewarm before serving.
Cut steaks into serving pieces and top with salsa and salad.
Thinly slice tomatillos and toss with cilantro, shallot, lime juice, remaining 2 tablespoons oil, and salt and pepper to taste.
Let steaks rest on a cutting board, loosely covered with foil, 10 minutes.
Oil grill rack, then grill steaks, covered only if using a gas grill, turning once, until grill marks appear, 4 to 6 minutes total for medium-rare.

#### **Properties**

Glycemic Index:28.83, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:18.190434813499%

#### **Flavonoids**

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

PROTEIN 37.01% FAT 55.49% CARBS 7.5%

### Nutrients (% of daily need)

Calories: 312.72kcal (15.64%), Fat: 19.55g (30.08%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.01g (1.82%), Sugar: 4.44g (4.93%), Cholesterol: 83.59mg (27.86%), Sodium: 97.8mg (4.25%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 29.34g (58.69%), Zinc: 8.66mg (57.74%), Vitamin B12: 2.82µg (46.97%), Selenium: 29.74µg (42.48%), Vitamin B3: 8.3mg (41.51%), Vitamin K: 39.09µg (37.22%), Vitamin B6: 0.63mg (31.48%), Vitamin B2: 0.45mg (26.33%), Phosphorus: 224.89mg (22.49%), Iron: 2.92mg (16.23%), Potassium: 547.75mg (15.65%), Manganese: 0.24mg (11.84%), Magnesium: 42.49mg (10.62%), Vitamin B5: 0.88mg (8.76%), Vitamin A: 417.83IU (8.36%), Copper: 0.16mg (8.22%), Vitamin C: 6.75mg (8.18%), Vitamin E: 1.17mg (7.77%), Vitamin B1: 0.1mg (6.96%), Fiber: 0.94g (3.77%), Folate: 10.39µg (2.6%), Calcium: 23.19mg (2.32%)