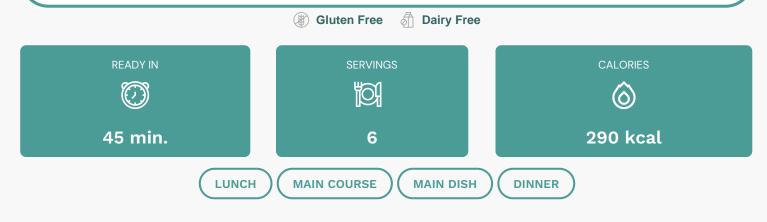




Grilled Spice-Rubbed Skirt Steak



Ingredients

1 teaspoon pepper black
3 garlic clove
0.5 teaspoon ground cinnamon
1 pinch ground cloves
1.5 teaspoons ground coriander
1.5 teaspoons ground cumin
1.5 teaspoons kosher salt
1 tablespoon olive oil

	1.5 teaspoons paprika
	6 servings sweet potatoes and into with mustard vinaigrettearugula with lemon and olive oil
	2.3 pounds skirt steak halved (2 steaks)
Eq	Juipment
	bowl
	frying pan
	grill
	ziploc bags
	grill pan
Di	rections
	Mince garlic and mash to a paste with kosher salt. Stir together spices in a bowl, then stir in garlic and oil until a paste forms. Pat steak dry, then rub all over with paste. Marinate steak in a sealed large plastic bag, chilled, at least 6 hours.
	Bring steak to room temperature, about 30 minutes.
	While steak comes to room temperature, prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is hot when you can hold your hand 5 inches above rack for 1 to 2 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.
	Grill steak on lightly oiled grill rack, uncovered, turning over once, 4 to 6 minutes total for medium-rare.
	Cut steak diagonally across grain into 1/4-inch-thick slices. Divide sweet-potato salad among 6 plates, then top with steak and arugula.
	·Steak can marinate up to 1 day.·Steak can be grilled in batches in a hot lightly oiled well-seasoned ridged grill pan over moderately high heat. (Steaks may have to be quartered instead of halved to fit in pan.)
	Nutrition Facts
	PROTEIN 50.72% FAT 46.79% CARBS 2.49%

Properties

Glycemic Index:24.17, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:19.490000237589%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 290.04kcal (14.5%), Fat: 15.23g (23.42%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.13g (0.14%), Cholesterol: 107.16mg (35.72%), Sodium: 695.97mg (30.26%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 37.13g (74.27%), Zinc: 11.05mg (73.68%), Vitamin B12: 3.62µg (60.38%), Selenium: 37.85µg (54.08%), Vitamin B3: 9.76mg (48.8%), Vitamin B6: 0.77mg (38.74%), Vitamin B2: 0.56mg (32.74%), Phosphorus: 271.48mg (27.15%), Iron: 3.61mg (20.06%), Potassium: 538.21mg (15.38%), Manganese: 0.29mg (14.3%), Magnesium: 43.14mg (10.79%), Vitamin B5: 1.02mg (10.21%), Copper: 0.17mg (8.27%), Vitamin A: 410.57IU (8.21%), Vitamin B1: 0.11mg (7.48%), Vitamin K: 5.05µg (4.81%), Vitamin E: 0.68mg (4.54%), Fiber: 0.68g (2.71%), Calcium: 26.2mg (2.62%), Folate: 5.62µg (1.41%), Vitamin D: 0.17µg (1.13%)