



Grilled Spice-Rubbed Skirt Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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)

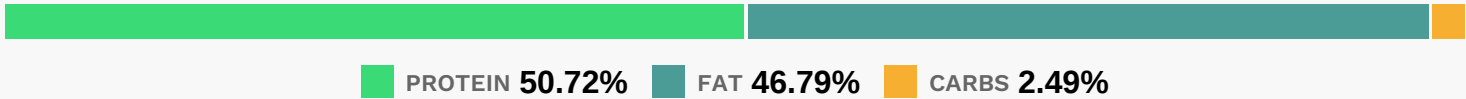
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ 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



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: 0g (100%), Alcohol %: 0% (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%)