



Mesquite Skirt Steak



Gluten Free



Dairy Free

READY IN



46 min.

SERVINGS



4

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder pure
- ☐ 1 chipotle sauce canned minced
- ☐ 2 ears corn fresh husked
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons ground cumin
- ☐ 4 servings pepper black

- ☐ 1 haas avocados diced ripe
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 large handful fries for at least 30 minutes
- ☐ 1 pound potatoes – remove skin red scrubbed
- ☐ 4 medium radishes thinly sliced
- ☐ 2 spring onion light white green thinly sliced (and parts only)
- ☐ 1.8 pounds skirt steak trimmed cut into foot-long pieces

Equipment

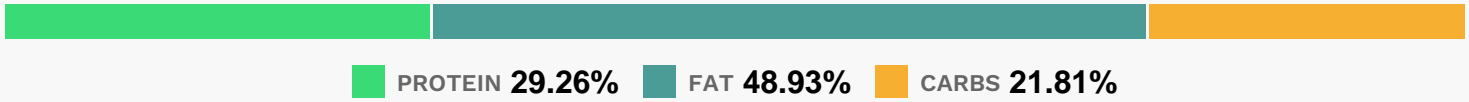
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ In a small bowl whisk the paste ingredients.
- ☐ Spread the paste on both sides of each steak. Set aside at room temperature for 15 to 30 minutes before cooking.
- ☐ Put the potatoes in a medium saucepan and add salted water to cover. Bring to a boil over high heat. Reduce the heat to medium and cook the potatoes until tender when pierced with the tip of a knife, about 20 minutes.
- ☐ Drain, rinse under cold water, and drain again.
- ☐ Cut each potato in half, transfer to a medium bowl, and refrigerate to cool.
- ☐ Prepare a two-zone fire for high heat (450 to 550F).

- ☐ Brush the cooking grate clean. Cook the corn over direct high heat, with the lid closed as much as possible, until the kernels are brown in spots all over, 8 to 10 minutes, turning often.
- ☐ Remove from the grill and set aside. When the corn is cool enough to handle, cut the kernels from the cobs.
- ☐ Add to the bowl with the potatoes along with the avocado, radishes, scallions, and cilantro.
- ☐ In a small bowl whisk the lime juice, chile, and garlic. Gradually whisk in the oil.
- ☐ Pour over the potato mixture and toss to combine. Season with salt and pepper. Refrigerate while cooking the steaks.
- ☐ Drain and add the wood chips to the charcoal and put the lid on the grill. When smoke appears, cook the steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 4 to 6 minutes for medium rare, turning once or twice (if flare-ups occur, move the steaks temporarily over indirect heat).
- ☐ Remove from the grill and let rest for 3 to 5 minutes.
- ☐ Cut the steaks across the grain into 1/4-inch slices.
- ☐ Serve immediately with the salad and warm tortillas, if desired.

Nutrition Facts



Properties

Glycemic Index:74.33, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:38.35739095833%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 640.54kcal (32.03%), Fat: 36.21g (55.7%), Saturated Fat: 8.61g (53.82%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 27.74g (10.09%), Sugar: 6.02g (6.69%), Cholesterol: 125.02mg (41.67%), Sodium: 1010.94mg (43.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.72g (97.44%), Zinc: 13.97mg (93.17%), Vitamin B3: 14.84mg (74.19%), Vitamin B12: 4.23µg (70.45%), Vitamin B6: 1.35mg (67.34%), Selenium: 45.87µg (65.53%), Vitamin B2: 0.81mg (47.87%), Phosphorus: 465.63mg (46.56%), Potassium: 1610.3mg (46.01%), Vitamin K: 47.61µg (45.34%), Iron: 6.45mg (35.81%), Fiber: 8.57g (34.26%), Manganese: 0.63mg (31.66%), Vitamin A: 1579.52IU (31.59%), Vitamin E: 4.73mg (31.52%), Magnesium: 112.78mg (28.19%), Vitamin C: 22.94mg (27.8%), Vitamin B5: 2.57mg (25.67%), Copper: 0.51mg (25.26%), Folate: 94.13µg (23.53%), Vitamin B1: 0.34mg (22.73%), Calcium: 64.18mg (6.42%), Vitamin D: 0.2µg (1.32%)