



Mexican Mixed Grill



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef skirt steak fat trimmed (see notes)
- ☐ 0.5 cup chili sauce red
- ☐ 10 anaheim chilies fresh rinsed (California or New Mexico) ()
- ☐ 1 pound chorizo sausage cut firm (see notes)
- ☐ 10 green onions rinsed (6 to 8 oz. total)
- ☐ 0.3 cup orange-achiote marinade
- ☐ 1 teaspoon pepper
- ☐ 1 pound boned pork shoulder fat trimmed cut into 1/4-inch-thick slabs (see notes)

- ☐ 1 tablespoon salad oil
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 pound boned

Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Rinse chicken, pork, and beef; pat dry.
- ☐ Cut skirt steak crosswise into 6- to 8-inch lengths. If chicken, pork, or beef is thicker than 1/4 inch, place between sheets of plastic wrap and, with a flat mallet, gently and evenly pound to about 1/4 inch thick.
- ☐ On a rimmed plate, coat chicken completely with orange-achiote marinade and layer thighs; on another rimmed plate, coat pork completely with red chili sauce and layer slices. Cover and chill at least 30 minutes or up to 1 day (if marinating chicken and pork a day ahead, wrap beef airtight and chill). Shortly before grilling, lightly sprinkle both sides of beef with seasoned salt and pepper; set on a plate.
- ☐ In a wide bowl, mix green onions and chilies with oil to coat. Set onions, chilies, and sausages on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level for only 2 to 3 seconds); close lid on gas grill. Cook, turning occasionally, until onions and chilies are well browned and sausages are browned on the outside and cooked through, 2 to 3 minutes for onions, 5 to 8 minutes for chilies and sausages. As done, transfer to a large board or platter.
- ☐ Lay chicken, pork, and beef on grill; close lid on gas grill. Cook, turning once, until chicken and pork are no longer pink in the center and beef is done to your liking (cut to test), 5 to 8 minutes total.
- ☐ Transfer meat to board or platter with vegetables and sausages.
- ☐ Add more seasoned salt and pepper to taste.

Nutrition Facts



 **PROTEIN 34.04%**  **FAT 55.7%**  **CARBS 10.26%**

Properties

Glycemic Index:12.63, Glycemic Load:1.61, Inflammation Score:-7, Nutrition Score:17.204782610354%

Flavonoids

Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 277.44kcal (13.87%), Fat: 17.07g (26.27%), Saturated Fat: 6.47g (40.42%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.82g (2.12%), Sugar: 4.2g (4.67%), Cholesterol: 102.97mg (34.32%), Sodium: 423.18mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.95%), Vitamin C: 67.29mg (81.56%), Selenium: 22.59µg (32.28%), Vitamin B6: 0.61mg (30.37%), Vitamin B3: 5.6mg (28.02%), Vitamin K: 29.01µg (27.63%), Zinc: 3.79mg (25.28%), Vitamin B12: 1.24µg (20.68%), Vitamin B1: 0.3mg (20.12%), Phosphorus: 191.21mg (19.12%), Vitamin B2: 0.29mg (17.28%), Vitamin A: 770.58IU (15.41%), Potassium: 468.23mg (13.38%), Iron: 2.26mg (12.56%), Vitamin B5: 0.89mg (8.91%), Magnesium: 33.12mg (8.28%), Manganese: 0.15mg (7.47%), Copper: 0.15mg (7.45%), Vitamin E: 0.86mg (5.76%), Folate: 21µg (5.25%), Fiber: 1.26g (5.03%), Calcium: 33.72mg (3.37%)