



## Miso-Marinated Skirt Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 2 tablespoons miso
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1 cup sake
- ☐ 1 pound skirt steak trimmed

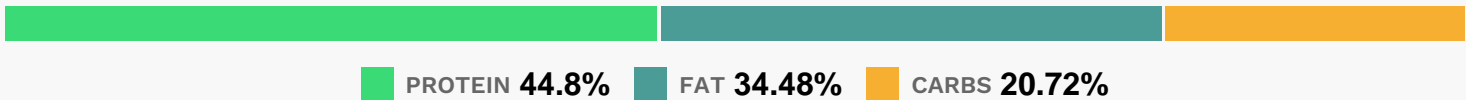
# Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ ziploc bags

# Directions

- ☐ Combine first 7 ingredients in a blender; process 1 minute or until onions are finely chopped.
- ☐ Transfer sake mixture to a large zip-top plastic bag.
- ☐ Add steak to bag; seal. Marinate in refrigerator at least 2 and up to 8 hours, turning occasionally.
- ☐ Remove steak from bag, reserving marinade. Pat steak dry with paper towels.
- ☐ Heat a large nonstick skillet over medium-high heat. Lightly spray both sides of steak with cooking spray.
- ☐ Add steak to pan; cook 1 minute on each side or until browned.
- ☐ Remove steak from pan; keep warm.
- ☐ Add reserved marinade to pan, and cook 4 minutes or until thick and deep brown in color, stirring constantly. Return steak to pan, turning to coat. Cook 2 minutes or until desired degree of doneness.
- ☐ Let steak stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.

# Nutrition Facts



# Properties

Glycemic Index:51.25, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:14.180000009744%

# Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 299.52kcal (14.98%), Fat: 8.94g (13.75%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.4g (4.15%), Sugar: 6.51g (7.24%), Cholesterol: 71.44mg (23.81%), Sodium: 396.21mg (17.23%), Alcohol: 9.66g (100%), Alcohol %: 6.01% (100%), Protein: 26.12g (52.25%), Zinc: 7.58mg (50.52%), Vitamin B12: 2.42µg (40.37%), Selenium: 26.75µg (38.22%), Vitamin B3: 6.56mg (32.82%), Vitamin B6: 0.54mg (26.77%), Vitamin B2: 0.39mg (22.91%), Phosphorus: 197.11mg (19.71%), Vitamin K: 17.36µg (16.53%), Iron: 2.44mg (13.57%), Potassium: 397.04mg (11.34%), Manganese: 0.23mg (11.32%), Magnesium: 35.09mg (8.77%), Copper: 0.15mg (7.49%), Vitamin B5: 0.71mg (7.1%), Vitamin B1: 0.08mg (5.53%), Calcium: 27.88mg (2.79%), Fiber: 0.68g (2.74%), Folate: 9.14µg (2.29%), Vitamin C: 1.64mg (1.99%), Vitamin A: 79.6IU (1.59%), Vitamin E: 0.15mg (1.01%)