



Orange-Soy Skirt Steaks

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 beef skirt steaks
- ☐ 4 cloves garlic minced pressed peeled
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon coarse-ground pepper
- ☐ 2 cups orange juice
- ☐ 1 teaspoon oregano dried
- ☐ 10 servings salt and pepper
- ☐ 0.3 cup soya sauce

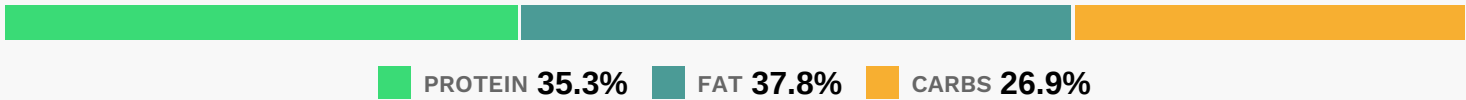
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Rinse steaks and pat dry. In a 1-gallon heavy plastic food bag, combine steaks, orange juice, soy sauce, garlic, pepper, oregano, and cumin. Seal bag, set in a bowl, and chill at least 4 hours or up to 1 day; turn occasionally.
- ☐ Weave 2 long metal skewers (18 to 24 in.) parallel through center of each steak.
- ☐ Lay steaks 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 only 2 to 3 seconds). Close lid on gas grill. Cook, turning once, until done to your liking, 6 to 8 minutes for medium-rare (cut to test).
- ☐ Transfer steak to a platter, remove skewers, and cut meat into portions.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:2.81, Inflammation Score:-4, Nutrition Score:6.2773913093235%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 92.57kcal (4.63%), Fat: 3.86g (5.95%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.87g (2.14%), Sugar: 4.29g (4.77%), Cholesterol: 24.48mg (8.16%), Sodium: 539.14mg (23.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Vitamin C: 25.19mg (30.53%), Vitamin B6:

0.26mg (12.93%), Vitamin B3: 2.52mg (12.58%), Selenium: 8.69µg (12.41%), Zinc: 1.39mg (9.24%), Phosphorus: 87.26mg (8.73%), Vitamin B12: 0.42µg (6.97%), Potassium: 237.21mg (6.78%), Iron: 0.97mg (5.4%), Vitamin B1: 0.08mg (5.35%), Folate: 20.22µg (5.05%), Manganese: 0.1mg (4.98%), Magnesium: 16.81mg (4.2%), Vitamin B2: 0.06mg (3.77%), Copper: 0.07mg (3.42%), Vitamin B5: 0.33mg (3.27%), Calcium: 21.74mg (2.17%), Vitamin A: 105.07IU (2.1%), Vitamin K: 2.12µg (2.02%), Fiber: 0.32g (1.27%), Vitamin E: 0.18mg (1.21%)