



Pan-Seared Skirt Steak With Poblano Chiles and Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 2 carrots sliced
- ☐ 2 pounds flank steak
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon cracked pepper black
- ☐ 3 poblano chiles
- ☐ 1 medium size onion red sliced

- ☐ 1 teaspoon salt
- ☐ 1 onion white sliced

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Broil chiles on an aluminum foil-lined baking sheet 5 inches from heat 5 minutes on each side or until chiles look blistered.
- ☐ Place chiles in a zip-top plastic freezer bag; seal and let stand 15 minutes to loosen skins. Peel chiles; remove and discard seeds.
- ☐ Cut chiles into thin slices, and set aside.
- ☐ Cut steak into 4 to 6 pieces, and place the steak in an 11- x 7-inch baking dish.
- ☐ Pour bitter orange juice marinade over steak, and sprinkle evenly with salt and pepper. Cover and chill 20 minutes.
- ☐ Drain steak, discarding marinade.
- ☐ Heat a cast-iron skillet over medium-high heat 3 minutes; add oil. Cook steak pieces, in batches, 5 minutes on each side or until a meat thermometer inserted in steak reads 135 or to desired degree of doneness.
- ☐ Remove to a serving plate, and keep warm.
- ☐ Add onions, carrots, and chiles to skillet; cook, stirring often, 10 minutes or until onions are brown.
- ☐ Cut steak pieces diagonally across the grain into thin strips. Spoon vegetables over steak; serve immediately.
- ☐ Note: For testing purposes only, we used Goya Bitter Orange Marinade.

Nutrition Facts



 **PROTEIN 51.34%**  **FAT 34.75%**  **CARBS 13.91%**

Properties

Glycemic Index:30.47, Glycemic Load:1.91, Inflammation Score:-10, Nutrition Score:24.383478330529%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

Nutrients (% of daily need)

Calories: 280.24kcal (14.01%), Fat: 10.09g (15.52%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 6.8g (2.47%), Sugar: 4.27g (4.74%), Cholesterol: 90.72mg (30.24%), Sodium: 489.09mg (21.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.54g (67.08%), Vitamin A: 3619.59IU (72.39%), Selenium: 44.9µg (64.15%), Vitamin C: 51.75mg (62.73%), Vitamin B6: 1.12mg (56.05%), Vitamin B3: 9.95mg (49.73%), Zinc: 6.02mg (40.11%), Phosphorus: 341.97mg (34.2%), Vitamin B12: 1.38µg (22.93%), Potassium: 801mg (22.89%), Manganese: 0.41mg (20.37%), Iron: 2.88mg (15.98%), Vitamin B2: 0.21mg (12.52%), Magnesium: 49.88mg (12.47%), Vitamin B1: 0.17mg (11.56%), Vitamin B5: 1.12mg (11.17%), Vitamin K: 11µg (10.47%), Copper: 0.18mg (9.21%), Fiber: 2.29g (9.15%), Folate: 36.49µg (9.12%), Vitamin E: 1.14mg (7.6%), Calcium: 60.16mg (6.02%)