



Pan-Seared Skirt Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup wine dry red
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 jalapeno
- ☐ 1.3 teaspoons kosher salt
- ☐ 8 servings kosher salt
- ☐ 3 tablespoons juice of lime

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon pepper freshly ground
- ☐ 8 servings pepper freshly ground
- ☐ 8 servings sweet potatoes and into
- ☐ 2 pounds fat-trimmed beef flank steak
- ☐ 3 tablespoons worcestershire sauce

Equipment

- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Halve, seed, and mince jalapeo pepper.
- ☐ Combine wine, Worcestershire sauce, 1/4 cup chopped fresh cilantro, 1 Tbsp. olive oil, half of jalapeo pepper, and 1 minced garlic clove in a large zip-top plastic freezer bag.
- ☐ Add steaks; seal and chill 30 minutes to 24 hours. (If marinating overnight, let steak stand in marinade at room temperature 30 mins.)
- ☐ Remove from marinade, discarding marinade.
- ☐ Sprinkle steak with 1 1/4 tsp. kosher salt and 1 tsp. freshly ground pepper.
- ☐ Heat a grill pan over medium-high heat. Cook steaks, in batches, 2 minutes on each side (medium-rare) or to desired degree of doneness.
- ☐ Remove from grill pan, cover loosely with aluminum foil, and let stand 5 minutes. Stir together 3/4 cup chopped fresh cilantro, lime juice, 2 Tbsp. olive oil, 1 minced garlic clove, and remaining half of jalapeo pepper. Season with kosher salt and freshly ground pepper to taste.
- ☐ Cut steaks diagonally across the grain into thin slices.
- ☐ Serve with cilantro sauce and Sweet Potato Hash.

Nutrition Facts



 **PROTEIN 31.15%**  **FAT 65.02%**  **CARBS 3.83%**

Properties

Glycemic Index:31, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:12.158260853394%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 304.31kcal (15.22%), Fat: 21.32g (32.8%), Saturated Fat: 7.86g (49.16%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.57g (0.93%), Sugar: 0.87g (0.97%), Cholesterol: 69.17mg (23.06%), Sodium: 700.86mg (30.47%), Alcohol: 1.58g (100%), Alcohol %: 1.31% (100%), Protein: 22.98g (45.97%), Selenium: 27.81µg (39.73%), Zinc: 5.86mg (39.06%), Vitamin B12: 1.88µg (31.37%), Vitamin B3: 5.66mg (28.31%), Vitamin B6: 0.47mg (23.63%), Phosphorus: 170.92mg (17.09%), Vitamin B2: 0.29mg (16.84%), Iron: 2.41mg (13.41%), Vitamin K: 12.08µg (11.5%), Potassium: 385.94mg (11.03%), Vitamin B1: 0.11mg (7.31%), Magnesium: 26.83mg (6.71%), Vitamin A: 322.5IU (6.45%), Vitamin C: 5.27mg (6.39%), Vitamin E: 0.89mg (5.95%), Copper: 0.12mg (5.79%), Manganese: 0.07mg (3.31%), Calcium: 20.02mg (2%), Folate: 6.37µg (1.59%), Fiber: 0.25g (1.02%)