



Sauteed Skirt Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon cooking oil



3 lb skirt steak cut into 8 pieces



1.5 tablespoons worcestershire sauce

Equipment

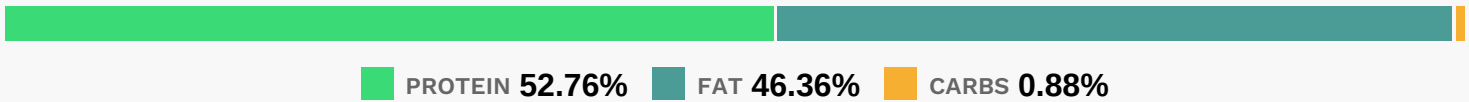


oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Brush steak with Worcestershire and marinate 15 minutes.
- ☐ Lightly pat steaks dry and season well with salt.
- ☐ Heat 1/2 tablespoon of oil in each of 2 (12-inch) nonstick or heavy skillet over moderately high heat until hot but not smoking, then sauté steaks in batches, without crowding, 3 minutes on each side for medium-rare.
- ☐ Transfer steaks to a platter and let stand, loosely covered, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:18.072173862354%

Nutrients (% of daily need)

Calories: 278.17kcal (13.91%), Fat: 14.35g (22.08%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.32g (0.35%), Cholesterol: 107.16mg (35.72%), Sodium: 153.7mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.52%), Zinc: 10.96mg (73.07%), Vitamin B12: 3.62µg (60.38%), Selenium: 37.44µg (53.48%), Vitamin B3: 9.68mg (48.38%), Vitamin B6: 0.74mg (37%), Vitamin B2: 0.55mg (32.26%), Phosphorus: 263.86mg (26.39%), Iron: 3.16mg (17.57%), Potassium: 522.18mg (14.92%), Vitamin B5: 0.99mg (9.87%), Magnesium: 37.84mg (9.46%), Copper: 0.15mg (7.38%), Manganese: 0.14mg (7.06%), Vitamin B1: 0.1mg (6.95%), Vitamin K: 3.83µg (3.65%), Vitamin E: 0.48mg (3.19%), Calcium: 13.62mg (1.36%), Folate: 5.36µg (1.34%), Vitamin D: 0.17µg (1.13%)