



## Sauteed Skirt Steak with Braised Scallions

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon juice of lime fresh to taste
- ☐ 4 servings garnish: lime wedges
- ☐ 1 teaspoon salt
- ☐ 1 pound scallions trimmed to 7 inches long (3 or 4 bunches)
- ☐ 1.3 pounds skirt steak cut into 4 pieces
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

☐ 0.8 cup water

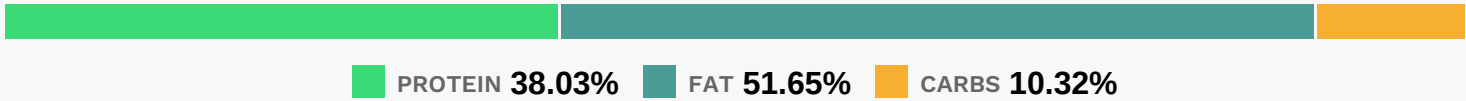
Equipment

- ☐ frying pan
- ☐ oven
- ☐ tongs

Directions

- ☐ Put oven rack in middle position and preheat oven to 200°F.
- ☐ Pat steaks dry and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat oil and 1 tablespoon butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then cook steaks, turning over once, 5 to 7 minutes total for medium-rare.
- ☐ Transfer steaks to a plate and keep warm in oven.
- ☐ Discard fat from skillet, then add water and bring to a boil, scraping up brown bits from bottom of skillet.
- ☐ Add scallions and remaining tablespoon butter, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, tightly covered, over moderate heat until scallions are tender, 5 to 7 minutes.
- ☐ Transfer scallions with tongs to a platter and put steaks on top.
- ☐ Pour any steak juices accumulated on plate into juices in skillet and boil until slightly thickened.
- ☐ Add lime juice and pour sauce over steaks and scallions.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.78, Inflammation Score:-8, Nutrition Score:26.376086924387%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg

Quercetin: 12.13mg, Quercetin: 12.13mg, Quercetin: 12.13mg, Quercetin: 12.13mg

Nutrients (% of daily need)

Calories: 335.27kcal (16.76%), Fat: 19.81g (30.48%), Saturated Fat: 8.07g (50.46%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 5.85g (2.13%), Sugar: 2.73g (3.03%), Cholesterol: 104.35mg (34.78%), Sodium: 696.2mg (30.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.63%), Vitamin K: 244.04µg (232.42%), Zinc: 9.59mg (63.93%), Vitamin B12: 3.03µg (50.52%), Selenium: 31.96µg (45.65%), Vitamin B3: 8.65mg (43.26%), Vitamin B6: 0.69mg (34.43%), Vitamin B2: 0.55mg (32.23%), Vitamin C: 22.73mg (27.56%), Vitamin A: 1320.59IU (26.41%), Phosphorus: 263.03mg (26.3%), Iron: 4.21mg (23.41%), Potassium: 737.41mg (21.07%), Folate: 77.53µg (19.38%), Manganese: 0.33mg (16.68%), Magnesium: 55.25mg (13.81%), Fiber: 3.05g (12.22%), Copper: 0.23mg (11.27%), Vitamin B1: 0.15mg (9.95%), Calcium: 95.48mg (9.55%), Vitamin B5: 0.93mg (9.25%), Vitamin E: 1.22mg (8.13%), Vitamin D: 0.25µg (1.64%)