

Skirt Steak

 **Gluten Free**  **Dairy Free**

READY IN



87 min.

SERVINGS



8

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons mexican brown sugar dark
- 2 large cloves garlic
- 0.5 teaspoon ground cumin
- 0.3 cup juice of lime
- 0.5 cup olive oil
- 0.5 teaspoon pepper flakes red
- 4 scallions washed and cut in 1/2
- 2 pounds inside skirt steak cut into 3 equal pieces

0.3 cup soya sauce

Equipment

paper towels

blender

aluminum foil

Directions

Watch how to make this recipe.

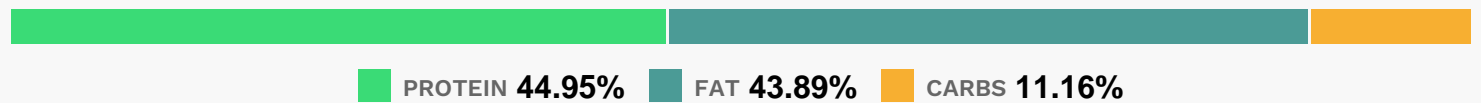
Heat charcoal, preferably natural chunk, until grey ash appears. In a blender, put in oil, soy sauce, scallions, garlic, lime juice, red pepper, cumin, and sugar and puree. In a large heavy duty, zip top bag, put pieces of skirt steak and pour in marinade. Seal bag, removing as much air as possible. Allow steak to marinate for 1 hour in refrigerator.

Remove steak from bag and pat dry with paper towels. Using a blow dryer, blow charcoal clean of ash. Once clean of ash lay steaks directly onto hot coals for 1 minute per side. When finished cooking, place meat in double thickness of aluminum foil, wrap, and allow to sit for 15 minutes.

Remove meat from foil, reserving foil and juices. Slice thinly across the grain of the meat. Return to foil pouch and toss with juice.

Serve with grilled peppers and onions, if desired.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:13.982173945593%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 226.02kcal (11.3%), Fat: 11.18g (17.2%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 6.06g (2.2%), Sugar: 4.82g (5.35%), Cholesterol: 71.44mg (23.81%), Sodium: 619.64mg (26.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.51%), Zinc: 7.4mg (49.3%), Vitamin B12: 2.42µg (40.26%), Selenium: 25.26µg (36.09%), Vitamin B3: 6.89mg (34.45%), Vitamin B6: 0.53mg (26.67%), Vitamin B2: 0.39mg (22.7%), Phosphorus: 192.8mg (19.28%), Vitamin K: 15.94µg (15.18%), Iron: 2.49mg (13.81%), Potassium: 390.72mg (11.16%), Manganese: 0.17mg (8.75%), Magnesium: 31.86mg (7.96%), Vitamin B5: 0.72mg (7.19%), Copper: 0.12mg (6.04%), Vitamin B1: 0.08mg (5.44%), Vitamin C: 3.64mg (4.41%), Vitamin E: 0.6mg (4.03%), Folate: 9.85µg (2.46%), Vitamin A: 111.39IU (2.23%), Calcium: 20.81mg (2.08%), Fiber: 0.34g (1.34%)