



Skirt Steak

 **Gluten Free**

READY IN

ready

34 min.

SERVINGS

servings

6

CALORIES

calories

482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 bunches sage fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 12 slices pancetta
- ☐ 6 ounces aged provolone sliced
- ☐ 2 pounds skirt steak trimmed of fat

Equipment

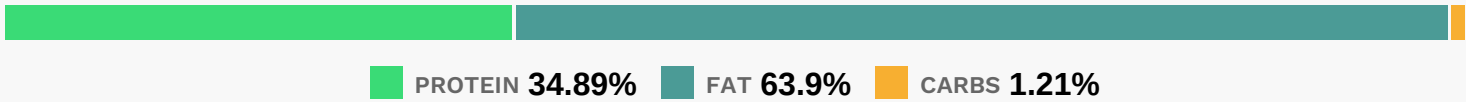
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Cut the steak into 3 1/2 to 4-ounce pieces. Pound each steak out evenly to about 25 percent of its original thickness. Season them with pepper. On top of each steak place a slice of provolone, some sage leaves, and 2 slices prosciutto.
- ☐ Roll them up into a pinwheel and secure with toothpicks.
- ☐ Heat the oil in a skillet over medium-high heat and saute the pinwheels until they are brown on both sides.
- ☐ Place them in the oven and roast until they are medium rare, about 7 minutes.
- ☐ Let the steaks rest for 5 minutes before carving them into bite-sized wheels.
- ☐ Put the skillet back on medium-high heat.
- ☐ Add the remaining sage leaves and cook until they are crispy.
- ☐ Drain them on paper towels; use them to garnish steak.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:25.842174094656%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 482.29kcal (24.11%), Fat: 34.27g (52.72%), Saturated Fat: 12.49g (78.09%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.16g (0.18%), Cholesterol: 125.38mg (41.79%), Sodium: 412.18mg (17.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.1g (84.21%), Copper: 10.39mg (519.55%), Zinc: 10.91mg (72.71%), Vitamin B12: 3.71µg (61.91%), Selenium: 40.6µg (57.99%), Vitamin B3: 9.27mg (46.35%), Phosphorus:

397.91mg (39.79%), Vitamin B6: 0.72mg (36.06%), Vitamin B2: 0.59mg (34.83%), Calcium: 246.89mg (24.69%), Manganese: 0.48mg (23.97%), Iron: 3.31mg (18.4%), Potassium: 528.13mg (15.09%), Magnesium: 49.04mg (12.26%), Vitamin B5: 1.1mg (11.02%), Vitamin E: 1.58mg (10.55%), Vitamin B1: 0.15mg (10.02%), Vitamin K: 8.47µg (8.07%), Vitamin A: 268.04IU (5.36%), Vitamin D: 0.36µg (2.38%), Folate: 7.39µg (1.85%), Fiber: 0.27g (1.07%)