



HEALTH SCORE

58%

Skirt Steak Fajita Pita with Chimichurri

READY IN



65 min.

SERVINGS



4

CALORIES



794 kcal

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 cups cilantro leaves fresh with tender stems, chopped
- ☐ 2 cups flat-leaf parsley fresh with tender stems, chopped
- ☐ 2 small cloves garlic grated
- ☐ 4 cloves garlic smashed
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 slices havarti cheese
- ☐ 2 tablespoons honey
- ☐ 1 jalapeño minced

- ☐ 2 juice of lime juiced
- ☐ 0.3 cup juice of lime 2 limes
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 onion spanish sliced
- ☐ 1 and orange peppers seeded sliced
- ☐ 4 pita pockets cut in half
- ☐ 1 small onion red minced
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 2 pounds skirt steak
- ☐ 1 pepper yellow seeded sliced

Equipment

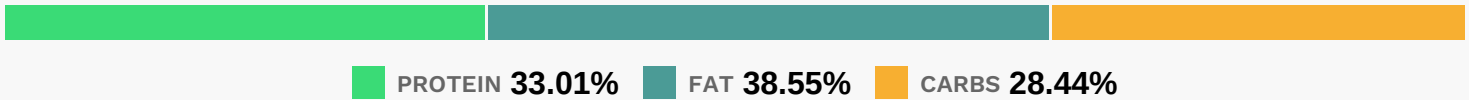
- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Whisk the soy sauce, lime juice, honey, cumin, cayenne, garlic and some salt and pepper in a bowl.
- ☐ Place the steak in a large freezer bag or a baking dish and pour the marinade over it. Marinate the steak at least 30 minutes and up to 3 hours in the refrigerator.
- ☐ Whisk together the oil, red wine vinegar, lime juice, garlic, jalapeno and red onions.
- ☐ Add the herbs and toss to combine. Set aside until ready to build the sandwich.

- ☐ Heat a grill pan to high heat.
- ☐ Remove the meat from the marinade, let any excess drip from the meat so it is not overly wet. Grill the meat for 4 to 6 minutes each side for medium-rare.
- ☐ Transfer the meat to a cutting board, tent with foil and let rest for 5 to 10 minutes.
- ☐ While the meat rests, toss the peppers and onions in a bowl with the oil and salt and pepper.
- ☐ Place onto the grill and cook until the vegetables are nice and charred, 6 to 8 minutes.
- ☐ Cut the pita pockets in half.
- ☐ Slice the rested skirt steak into thin strips against the grain.
- ☐ Lay a piece of Havarti cheese in the pita, add slices of skirt steak, some peppers and onions and pour in some chimichurri.

Nutrition Facts



Properties

Glycemic Index:107.07, Glycemic Load:35.87, Inflammation Score:-10, Nutrition Score:51.081739000652%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 4.61mg, Myricetin: 4.61mg, Myricetin: 4.61mg, Myricetin: 4.61mg Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg

Nutrients (% of daily need)

Calories: 793.75kcal (39.69%), Fat: 34.6g (53.23%), Saturated Fat: 12.33g (77.06%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 52.53g (19.1%), Sugar: 13.4g (14.89%), Cholesterol: 167.52mg (55.84%), Sodium: 2030.06mg (88.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.65g (133.3%), Vitamin K: 528.64µg (503.47%), Vitamin C: 153.74mg (186.35%), Zinc: 17.15mg (114.33%), Vitamin A: 4407.68IU (88.15%), Vitamin B12: 5.22µg (86.95%), Vitamin B3: 15.72mg (78.59%), Selenium: 53.72µg (76.75%), Vitamin B6: 1.41mg (70.59%), Phosphorus: 671.61mg (67.16%), Vitamin B2: 1.06mg (62.16%), Manganese: 0.94mg (46.88%), Iron: 8.03mg (44.61%), Potassium: 1351.89mg (38.63%), Folate: 137.96µg (34.49%), Magnesium: 129.38mg (32.35%), Calcium: 322.6mg (32.26%), Vitamin B1: 0.41mg (27.54%), Copper: 0.47mg (23.68%), Vitamin B5: 2.19mg (21.95%), Vitamin E: 3.09mg (20.57%), Fiber: 4.89g (19.56%), Vitamin D: 0.3µg (2.01%)