



 **35%**
HEALTH SCORE

Skirt Steak Fajitas

READY IN



45 min.

SERVINGS



6

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bell pepper cored ends trimmed seeded cut into a couple large pieces
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- 2 T brown sugar
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- 0.3 c canola oil
- 1 t chili powder
- 6 servings cilantro leaves
- 1 t cumin
- 18 6-inch flour tortilla

- 1 clove garlic peeled finely chopped
- 0.3 c juice of lime fresh
- 6 servings lime wedges
- 6 servings salsa
- 2 lb skirt steak
- 6 servings cream sour
- 0.3 c soya sauce
- 1 large onion white peeled cut into 1/2-3/4-inch slices (keep the slices intact)

Equipment

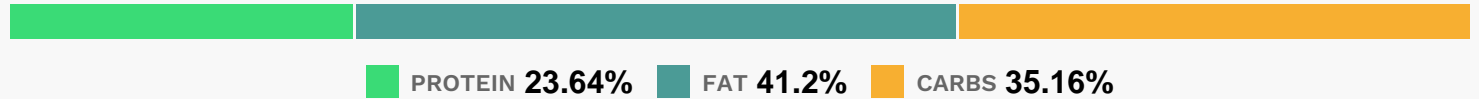
- bowl
- paper towels
- whisk
- grill
- aluminum foil

Directions

- Whisk together the marinade ingredients in a small bowl. Reserve about 1/3 cup of marinade for the vegetables.
- Place the steak in a gallon-sized ziplock bag.
- Add the remaining marinade. Seal the bag, pressing out any excess air, massage the marinade into the meat a bit. Refrigerate anywhere from 3–10 hours. After meat has finished marinating, remove steak from marinade and wipe off excess marinade with paper towel. (I also cut the steak into a couple of more manageable sized pieces, for easier turning on the grill). brush the vegetables with reserved marinade.
- Heat your grill to high. Scrape the grill grate clean and oil the grate.
- Add the steak to the super hot grill and grill, covered about 2 1/2 minutes per side (for medium/medium-rare), or until steak reaches desired doneness.
- Remove steak to a clean plate and cover with foil & let rest for 10–15 minutes.

- Add the peppers and onions to the grill and grill, turning occasionally until cooked, peppers should take about 5 minutes and onions will take about 1
- Remove from grill. Briefly add the tortillas to the grill, a couple at a time and grill until warmed and lightly charred around the edges. Wrap the tortillas in foil to keep warm. Thinly slice the steak, against the grain. Slice the onions in half and separate the rings. Slice the peppers.
- Serve with the tortillas, lime wedges and toppings of your choice.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:15.73, Inflammation Score:-9, Nutrition Score:39.842173913043%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Taste

Sweetness: 38.71%, Saltiness: 100%, Sourness: 27.62%, Bitterness: 16.57%, Savoriness: 58.14%, Fattiness: 77.36%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 725.49kcal (36.27%), Fat: 33.66g (51.78%), Saturated Fat: 9.02g (56.37%), Carbohydrates: 64.63g (21.54%), Net Carbohydrates: 58.43g (21.25%), Sugar: 17.63g (19.59%), Cholesterol: 102.33mg (34.11%), Sodium: 1710.58mg (74.37%), Protein: 43.45g (86.9%), Vitamin C: 108.65mg (131.7%), Selenium: 54.67µg (78.1%), Vitamin B3: 14.34mg (71.72%), Zinc: 10.67mg (71.13%), Vitamin A: 2876.56IU (57.53%), Vitamin B6: 1.08mg (54.24%), Vitamin B12: 3.25µg (54.1%), Vitamin B2: 0.87mg (51.18%), Phosphorus: 488.44mg (48.84%), Vitamin B1: 0.63mg (41.79%), Manganese: 0.83mg (41.41%), Iron: 7.16mg (39.75%), Folate: 136.44µg (34.11%), Vitamin E: 4.24mg (28.27%), Potassium: 927.43mg (26.5%), Fiber: 6.21g (24.83%), Vitamin K: 24.03µg (22.89%), Magnesium: 80.14mg (20.03%), Calcium: 189.85mg (18.98%), Copper: 0.3mg (14.99%), Vitamin B5: 1.5mg (14.97%), Vitamin D: 0.15µg (1.01%)