



WHATSheATE



Skirt Steak Fajitas with Grilled Cabbage and Scallions

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings flour tortilla (for serving)
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 4 garlic clove peeled
- ☐ 0.5 medium head cabbage green cut into 2 wedges, core intact
- ☐ 1 tablespoon ground cumin
- ☐ 8 servings pepper freshly ground
- ☐ 3 tablespoons juice of lime fresh

- ☐ 6 tablespoons olive oil divided
- ☐ 1 teaspoon onion powder
- ☐ 3 tablespoons paprika smoked spanish hot
- ☐ 0.3 small onion red finely chopped
- ☐ 8 servings chilies dried
- ☐ 1 bunch spring onion trimmed
- ☐ 2 pounds skirt steak cut into 4 equal pieces
- ☐ 1 large onion white with some root end attached halved

Equipment

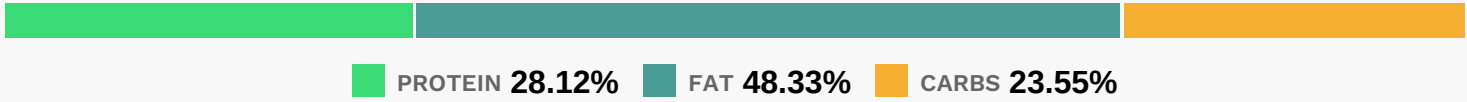
- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Purée garlic, lime juice, oil, paprika,cilantro, cumin, salt, and onion powder in a blender until smooth.
- ☐ Transfer marinade to a resealable plastic bag and add steak. Seal bag and turn to coat; chill at least 4 hours.
- ☐ DO AHEAD: Steak can be marinated 1 day ahead. Keep chilled.
- ☐ Prepare grill for medium-high heat. (Alternatively, heat a grill pan over medium-high heat.)
- ☐ Drizzle cabbage, white onion, and scallions with 4 tablespoons oil; season with salt and pepper. Grill, turning occasionally, until vegetables are charred and softened, about 4 minutes for scallions, 10–12 minutes for cabbage and onion.
- ☐ Let vegetables cool slightly.
- ☐ Core cabbage and cut into bite-size pieces along with scallions and onion. Toss chopped vegetables in a large bowl with red onion, lime juice, cilantro, and remaining 2 tablespoons oil; season with salt and pepper.

- ☐ Remove steak from marinade, scraping off excess; season with salt and pepper. Grill steak until medium-rare, about 3 minutes per side.
- ☐ Transfer to a cutting board and let rest 5–10 minutes before slicing.
- ☐ Serve steak with vegetables, tortillas, and Dried Chile Salsa.

Nutrition Facts



Properties

Glycemic Index: 34.75, Glycemic Load: 6.25, Inflammation Score: -9, Nutrition Score: 25.134347780891%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 400.35kcal (20.02%), Fat: 21.97g (33.79%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 19.76g (7.19%), Sugar: 4.77g (5.3%), Cholesterol: 71.44mg (23.81%), Sodium: 311.98mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.52%), Vitamin K: 63.23µg (60.22%), Zinc: 7.81mg (52.04%), Selenium: 32.44µg (46.34%), Vitamin B3: 8.34mg (41.71%), Vitamin B12: 2.42µg (40.26%), Vitamin B6: 0.7mg (35.01%), Vitamin A: 1669.23IU (33.38%), Vitamin B2: 0.53mg (31.08%), Vitamin C: 25.6mg (31.03%), Phosphorus: 276.38mg (27.64%), Iron: 4.67mg (25.92%), Manganese: 0.48mg (24.19%), Vitamin B1: 0.29mg (19.02%), Potassium: 614.48mg (17.56%), Fiber: 4.32g (17.3%), Vitamin E: 2.57mg (17.12%), Folate: 64.83µg (16.21%), Magnesium: 50.77mg (12.69%), Calcium: 99.05mg (9.91%), Vitamin B5: 0.95mg (9.52%), Copper: 0.18mg (9.18%)