



Skirt Steak Fajitas with Lime and Black Pepper

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 teaspoons balsamic vinegar
- ☐ 18 flour tortilla
- ☐ 1 cup cilantro leaves fresh
- ☐ 2.5 teaspoons pepper black
- ☐ 0.3 cup juice of lime fresh
- ☐ 6 servings lime wedges
- ☐ 2.5 tablespoons olive oil
- ☐ 2 large onion peeled cut lengthwise into 6 wedges, leaving root ends intact

- ☐ 1.5 teaspoons salt
- ☐ 2 lb skirt steak halved

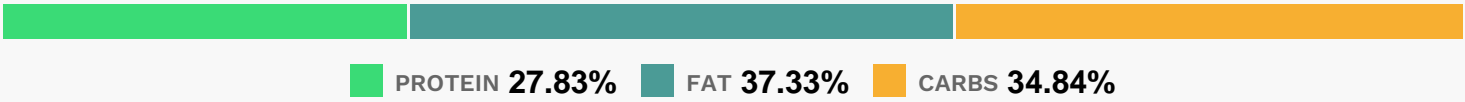
Equipment

- ☐ grill
- ☐ skewers
- ☐ tongs
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Prepare grill for cooking.
- ☐ Thread onions onto skewers (or put in grill basket), then brush with 1/2 tablespoon oil and season with salt and pepper. When fire is medium-hot (you can hold your hand 5 inches above rack for 3 to 4 seconds), grill onions, turning occasionally, until tender, 16 to 20 minutes.
- ☐ Transfer to a cutting board. When just cool enough to handle, cut onions into 1-inch pieces and toss with vinegar and 1/2 teaspoon salt.
- ☐ While onions are grilling, stir together lime juice and remaining teaspoon salt and 2 tablespoons oil in a shallow dish, then add steak and marinate at room temperature, turning once, 10 minutes.
- ☐ Pat steak dry, then rub with pepper. Grill steak on lightly oiled grill rack, turning once, 6 to 10 minutes total for medium-rare.
- ☐ Transfer to cutting board, then let stand 5 minutes before cutting diagonally into thin slices.
- ☐ While steak is standing, toast tortillas directly on grill rack, turning once, until puffed slightly and browned in spots, about 1 minute total.
- ☐ Serve steak, onions, cilantro, and salsa all wrapped in tortillas.
- ☐ · If you aren't able to grill, onions (no need to skewer) and steak can be cooked in a lightly oiled well-seasoned ridged grill pan over moderately high heat and tortillas can be toasted over gas (hold with tongs) or directly on top of electric burners.
- ☐ Cut skirt steak into pieces to fit in grill pan and grill in batches without crowding.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:15.39, Inflammation Score:-7, Nutrition Score:28.741739324901%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 585.66kcal (29.28%), Fat: 24.33g (37.43%), Saturated Fat: 7.65g (47.8%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 46.72g (16.99%), Sugar: 5.99g (6.65%), Cholesterol: 95.25mg (31.75%), Sodium: 1347.77mg (58.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.81g (81.61%), Selenium: 53.66µg (76.66%), Zinc: 10.33mg (68.9%), Vitamin B3: 12.67mg (63.36%), Vitamin B12: 3.22µg (53.68%), Vitamin B2: 0.76mg (44.63%), Phosphorus: 437.33mg (43.73%), Vitamin B6: 0.78mg (39.07%), Vitamin B1: 0.57mg (38.13%), Manganese: 0.76mg (37.92%), Iron: 6.23mg (34.6%), Folate: 101.52µg (25.38%), Vitamin K: 22.16µg (21.1%), Potassium: 667.29mg (19.07%), Fiber: 4.35g (17.42%), Calcium: 160.17mg (16.02%), Magnesium: 61.31mg (15.33%), Copper: 0.26mg (13%), Vitamin B5: 1.13mg (11.27%), Vitamin C: 7.74mg (9.38%), Vitamin E: 1.1mg (7.34%), Vitamin A: 203.14IU (4.06%), Vitamin D: 0.15µg (1.01%)