



## Skirt Steak with Ancho-Onion Steak Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 ancho peppers dried stemmed seeded
- 2 tablespoons butter
- 1.5 cups chicken stock see
- 4 servings olive oil extra-virgin
- 4 servings salt and pepper black freshly ground
- 2.5 pound skirt steak
- 1 large onion sweet very thinly sliced
- 1 tablespoon tomato paste

- 1 tablespoon worcestershire sauce

## Equipment

- food processor
- bowl
- frying pan
- pot
- plastic wrap
- grill
- microwave
- grill pan
- cutting board

## Directions

- Watch how to make this recipe.
- Put steaks out of the refrigerator to take off the chill.
- Heat a medium skillet over medium heat, and add the butter. When the butter has melted add the onions and cook until caramel in color, about 20 minutes. Stir in the Worcestershire sauce and tomato paste. Reduce the heat and simmer for 5 minutes.
- Put the anchos in small sauce pot with the stock and bring to a boil over medium heat. Turn off the heat and allow the anchos to steep for 5 minutes. Alternatively, put the anchos and stock in a microwave-safe bowl, covered with plastic wrap, and cook in the microwave for 2 to 3 minutes.
- Heat a grill pan or grill to high.
- Put the anchos and onions in a food processor. Turn the processor on and season with salt and pepper, to taste.
- Season meat with salt and pepper, to taste, and drizzle with extra-virgin olive oil. Grill over high heat 5 to 6 minutes total, turning once, for rare.
- Remove the steak to a cutting board and let rest for 5 minutes. Thinly slice the steak and arrange on a serving platter.
- Serve with lots of steak sauce poured over top.

# Nutrition Facts

PROTEIN 35.63% FAT 51.85% CARBS 12.52%

## Properties

Glycemic Index:31.75, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:42.550435216531%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

## Nutrients (% of daily need)

Calories: 730.08kcal (36.5%), Fat: 42.87g (65.95%), Saturated Fat: 13.81g (86.28%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 17.33g (6.3%), Sugar: 13.68g (15.2%), Cholesterol: 196.35mg (65.45%), Sodium: 470.51mg (20.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.29g (132.58%), Zinc: 18.71mg (124.73%), Vitamin B12: 6.05µg (100.84%), Vitamin A: 4901.44IU (98.03%), Vitamin B3: 19.29mg (96.47%), Selenium: 65.68µg (93.83%), Vitamin B6: 1.55mg (77.33%), Vitamin B2: 1.23mg (72.08%), Phosphorus: 518.76mg (51.88%), Potassium: 1425.74mg (40.74%), Iron: 6.88mg (38.25%), Vitamin K: 33.2µg (31.62%), Fiber: 5.96g (23.83%), Manganese: 0.47mg (23.33%), Magnesium: 91.36mg (22.84%), Vitamin E: 3.23mg (21.54%), Copper: 0.39mg (19.73%), Vitamin B5: 1.91mg (19.07%), Vitamin B1: 0.26mg (17.04%), Vitamin C: 11.08mg (13.42%), Folate: 42.01µg (10.5%), Calcium: 52.39mg (5.24%), Vitamin D: 0.28µg (1.89%)