



Skirt Steak with Chimichurri Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings pepper black freshly ground



1.5 pound skirt steak thick ()

Equipment



paper towels

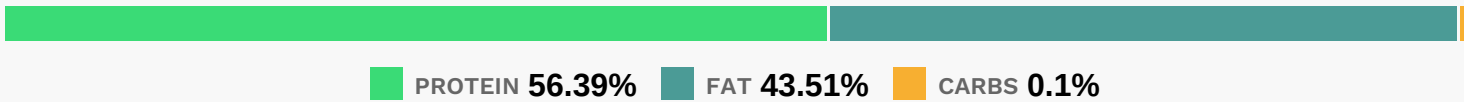


grill

Directions

- ☐
- Sprinkle skirt steak lightly with kosher salt and let sit at room temperature for 30 minutes. Pat dry with paper towels and season again with salt and freshly ground black pepper.
- ☐
- Build a medium-hot fire in a charcoal grill, or heat a gas grill to high). Cook 3–4 minutes per side until meat is nicely charred and medium-rare.
- ☐
- Transfer steak to a carving board; let rest for 5–10 minutes. Thinly slice.
- ☐
- Serve with 1/2 cup
- ☐
- Chimichurri Marinade.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:17.818695623266%

Nutrients (% of daily need)

Calories: 260.5kcal (13.02%), Fat: 12.61g (19.4%), Saturated Fat: 4.7g (29.4%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0g (0%), Cholesterol: 107.16mg (35.72%), Sodium: 112.28mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.77g (73.54%), Zinc: 10.96mg (73.04%), Vitamin B12: 3.62µg (60.38%), Selenium: 37.43µg (53.47%), Vitamin B3: 9.65mg (48.27%), Vitamin B6: 0.74mg (37.01%), Vitamin B2: 0.54mg (32.03%), Phosphorus: 262.11mg (26.21%), Iron: 3mg (16.69%), Potassium: 498.01mg (14.23%), Vitamin B5: 0.99mg (9.88%), Magnesium: 37.59mg (9.4%), Manganese: 0.15mg (7.7%), Copper: 0.14mg (7.13%), Vitamin B1: 0.1mg (6.81%), Vitamin K: 2.72µg (2.59%), Folate: 5.12µg (1.28%), Vitamin E: 0.17mg (1.14%), Vitamin D: 0.17µg (1.13%), Calcium: 10.65mg (1.06%)