



Skirt Steak with Cilantro Garlic Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.1 teaspoon ground pepper
- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 1 medium garlic clove
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon salt

☐ 2 pound skirt steak

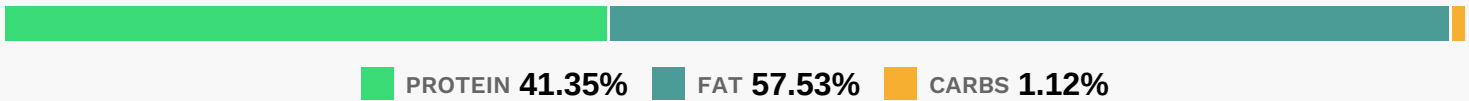
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Mince garlic and mash to a paste with salt.
- ☐ Transfer to a blender and add remaining sauce ingredients, then blend until smooth.
- ☐ Stir together cumin, salt, and pepper in a small bowl. Pat steak dry, then rub both sides of pieces with cumin mixture.
- ☐ Heat an oiled well-seasoned ridged grill pan over high heat until hot but not smoking, then grill steak in 2 batches, turning over occasionally, about 2 minutes per batch for thin pieces or 6 to 8 minutes per batch for thicker pieces (medium-rare).
- ☐ Serve steak drizzled with sauce.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:17.631304367729%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 315.15kcal (15.76%), Fat: 20.32g (31.26%), Saturated Fat: 5.43g (33.96%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.17g (0.19%), Cholesterol: 95.25mg (31.75%), Sodium: 295.73mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.86g (65.72%), Zinc: 9.78mg (65.19%), Vitamin B12: 3.22µg (53.68%), Selenium: 33.39µg (47.7%), Vitamin B3: 8.64mg (43.19%), Vitamin B6: 0.67mg (33.66%), Vitamin B2: 0.49mg (28.9%), Phosphorus: 237.34mg (23.73%), Iron: 3.01mg (16.74%), Vitamin K: 16.29µg (15.51%), Potassium: 471.69mg (13.48%), Vitamin E: 1.55mg (10.31%), Vitamin B5: 0.9mg (9.04%), Magnesium: 35.96mg (8.99%), Manganese: 0.18mg (8.98%), Copper: 0.14mg (6.96%), Vitamin B1: 0.1mg (6.47%), Vitamin A: 214.87IU (4.3%), Vitamin C: 2.87mg (3.48%), Folate: 7.31µg (1.83%), Calcium: 16.18mg (1.62%), Vitamin D: 0.15µg (1.01%)