



Skirt Steak with Green Olive Tapenade



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



6

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 6 servings olive tapenade green
- ☐ 0.1 teaspoon salt
- ☐ 1.5 pounds skirt steak cut in half crosswise

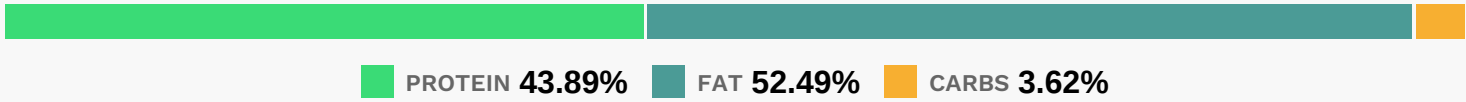
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Sprinkle steak on both sides with pepper and salt.
- ☐ Combine vinegar, olive oil, and garlic in a large heavy-duty zip-top plastic bag.
- ☐ Add steak to bag; seal. Marinate in refrigerator 8 hours, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove steak from bag, discarding marinade.
- ☐ Place steak on a grill rack coated with cooking spray. Grill 6 to 8 minutes or until desired degree of doneness.
- ☐ Remove steak from grill; cover and let stand 5 minutes.
- ☐ Cut diagonally across the grain into thin slices.
- ☐ Serve with Green Olive Tapenade.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:12.385217355645%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 225.06kcal (11.25%), Fat: 13.07g (20.11%), Saturated Fat: 3.78g (23.63%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 2g (0.73%), Sugar: 1.59g (1.77%), Cholesterol: 71.44mg (23.81%), Sodium: 125.93mg (5.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.2%), Zinc: 7.32mg (48.79%), Vitamin B12: 2.42µg (40.26%), Selenium: 25.02µg (35.75%), Vitamin B3: 6.44mg (32.2%), Vitamin B6: 0.5mg (24.99%), Vitamin B2: 0.36mg (21.39%), Phosphorus: 177.55mg (17.75%), Iron: 2.12mg (11.75%), Potassium: 346.19mg (9.89%), Magnesium: 26.49mg (6.62%), Vitamin B5: 0.66mg (6.62%), Manganese: 0.13mg (6.36%), Vitamin E: 0.79mg (5.24%), Copper: 0.1mg (4.98%), Vitamin B1: 0.07mg (4.61%), Vitamin K: 4.66µg (4.43%), Calcium: 11.02mg (1.1%)