



## Skirt Steak with Lemon and Chili-Roasted Potatoes

 Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon chili powder
- 4 servings kosher salt and pepper
- 1 optional: lemon quartered
- 1.5 pounds new potatoes cut into 1-inch pieces
- 3 tablespoons olive oil
- 1.5 pounds skirt steak
- 8 sprigs thyme leaves

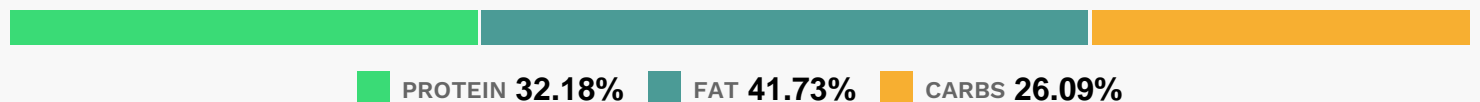
## Equipment

- bowl
- frying pan
- oven
- roasting pan
- broiler
- cutting board

## Directions

- Heat oven to 425 F.
- Mix the potatoes, oil, chili powder, 1 teaspoon salt, 1/4 teaspoon pepper, and thyme in a medium bowl.
- Transfer to a roasting pan and cook, stirring once, until crisp and golden brown, about 40 minutes.
- Remove the potatoes from oven, transfer to individual plates, and wipe the pan clean.
- Heat broiler. Season the steak with 1 teaspoon salt and 1/2 teaspoon pepper.
- Place on the clean roasting pan. Broil the steak to the desired doneness, 3 to 4 minutes per side for medium-rare.
- Transfer to a cutting board and let rest 5 minutes before slicing.
- Serve with the potatoes and lemon quarters. Upgrade: Skirt steak is a quick-cooking, reasonably priced cut of beef. If you prefer a thicker, leaner piece, try boneless rib eye or strip steak and add 2 to 3 minutes of cooking time per side.

## Nutrition Facts



## Properties

Glycemic Index:38.56, Glycemic Load:22.3, Inflammation Score:-9, Nutrition Score:29.157391107601%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## **Nutrients (% of daily need)**

Calories: 495.3kcal (24.77%), Fat: 23.44g (36.07%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 28.02g (10.19%), Sugar: 2.04g (2.26%), Cholesterol: 107.16mg (35.72%), Sodium: 325.39mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.67g (81.34%), Zinc: 11.52mg (76.81%), Vitamin B6: 1.28mg (64.04%), Vitamin C: 51.02mg (61.85%), Vitamin B12: 3.62µg (60.38%), Vitamin B3: 11.57mg (57.84%), Selenium: 38.14µg (54.49%), Phosphorus: 366.84mg (36.68%), Vitamin B2: 0.62mg (36.37%), Potassium: 1272.13mg (36.35%), Iron: 4.98mg (27.66%), Manganese: 0.45mg (22.65%), Magnesium: 82.65mg (20.66%), Fiber: 4.95g (19.81%), Copper: 0.35mg (17.56%), Vitamin B1: 0.25mg (16.74%), Vitamin B5: 1.55mg (15.54%), Vitamin E: 1.93mg (12.87%), Vitamin K: 12.63µg (12.03%), Folate: 36.33µg (9.08%), Vitamin A: 266.22IU (5.32%), Calcium: 47.61mg (4.76%), Vitamin D: 0.17µg (1.13%)