



Skirt Steak with Red Miso



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cloves garlic finely grated
- ☐ 2 tablespoons mirin
- ☐ 6 tablespoons miso paste red
- ☐ 2 tablespoons rice wine
- ☐ 2 pounds skirt steak fat trimmed cut into 4 equal pieces
- ☐ 2 tablespoons sugar

Equipment

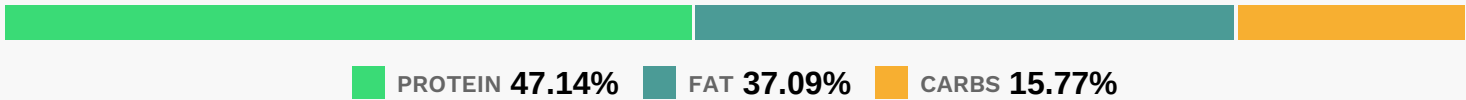
- ☐ bowl

- ☐ baking pan
- ☐ grill

Directions

- ☐ To make the marinade, mix together the garlic, red miso, mirin, sake, tobanjan, and sugar in a bowl.
- ☐ Pour the marinade into a baking dish or rimmed sheet pan.
- ☐ Lay the skirt steak in the marinade and flip it 4 times to generously coat all over. Marinate the steak for 1 hour at room temperature, turning once.
- ☐ Preheat a grill to medium-hot. Grill the skirt steak about 3 minutes per side, to medium-rare. The steak might stick to the grill because of the miso, so ease it off carefully. (A bit of charred miso adds wonderful flavor and fragrance.) Test for doneness using "The 'Nick-and-Peek' Method."
- ☐ Let the skirt steak rest for 2 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:7.65, Inflammation Score:-3, Nutrition Score:26.821304235769%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 448.72kcal (22.44%), Fat: 18.38g (28.27%), Saturated Fat: 6.53g (40.84%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 16.11g (5.86%), Sugar: 9.61g (10.67%), Cholesterol: 142.88mg (47.63%), Sodium: 1166.71mg (50.73%), Alcohol: 2.06g (100%), Alcohol %: 0.94% (100%), Protein: 52.55g (105.1%), Zinc: 15.3mg (102.03%), Vitamin B12: 4.85µg (80.85%), Selenium: 52.35µg (74.79%), Vitamin B3: 13.13mg (65.64%), Vitamin B6: 1.08mg (54.19%), Vitamin B2: 0.79mg (46.5%), Phosphorus: 396mg (39.6%), Iron: 4.7mg (26.12%), Manganese: 0.47mg (23.51%), Potassium: 732.83mg (20.94%), Magnesium: 63.52mg (15.88%), Copper: 0.31mg (15.38%), Vitamin B5: 1.42mg (14.24%), Vitamin B1: 0.17mg (11.24%), Vitamin K: 10.94µg (10.42%), Fiber: 1.46g (5.82%), Calcium: 35.37mg (3.54%), Folate: 11.76µg (2.94%), Vitamin E: 0.23mg (1.55%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.17mg (1.42%)