



Skirt Steaks with Red Onion Mojo

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons suya seasoning mix
- 3 cups cilantro leaves fresh coarsely chopped (from 2 large bunches)
- 7 large garlic clove peeled
- 2 teaspoons ground cumin
- 1 teaspoon pepper black
- 1 slices lime fresh
- 2 tablespoons oregano fresh chopped
- 8 servings onion

- 0.3 cup red wine vinegar
- 1.5 teaspoons salt
- 48 ounce fat-trimmed beef flank steak
- 0.7 cup vegetable oil divided
- 4 cups water

Equipment

- frying pan
- paper towels
- oven
- blender
- aluminum foil
- glass baking pan

Directions

- Preheat oven to 350°F.
- Combine first 9 ingredients in blender. Purée until marinade is almost smooth. Arrange steaks in 15x10x2-inch glass baking dish.
- Pour marinade over. Cover dish tightly with foil. Roast in oven 1 hour.
- Remove dish from oven; uncover and let steaks cool in marinade 2 hours. Cover and refrigerate in marinade overnight.
- Remove steaks from marinade and pat dry with paper towels.
- Sprinkle steaks on both sides with salt and pepper.
- Pour 1/3 cup oil into each of 2 heavy large skillets; heat over high heat until oil is very hot.
- Add 4 steaks to each skillet and cook until crisp outside, about 3 minutes per side.
- Drain briefly on paper towels. Arrange steaks on platter; spoon Red-Onion Mojo over.
- Garnish with lime slices and serve.

Nutrition Facts



■ PROTEIN 33.6% ■ FAT 60.34% ■ CARBS 6.06%

Properties

Glycemic Index:21, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:23.703912906025%

Flavonoids

Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 413.8kcal (20.69%), Fat: 28.14g (43.3%), Saturated Fat: 11.37g (71.08%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.43g (0.47%), Cholesterol: 103.76mg (34.59%), Sodium: 536.84mg (23.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.53%), Vitamin K: 70.57µg (67.21%), Selenium: 42.28µg (60.41%), Zinc: 9.01mg (60.09%), Vitamin B12: 2.82µg (47.06%), Vitamin B3: 8.76mg (43.78%), Vitamin B6: 0.8mg (39.78%), Iron: 5.98mg (33.21%), Vitamin B2: 0.46mg (26.91%), Phosphorus: 265.83mg (26.58%), Manganese: 0.46mg (23.15%), Potassium: 600.88mg (17.17%), Magnesium: 60.19mg (15.05%), Calcium: 139.74mg (13.97%), Fiber: 3.27g (13.07%), Vitamin B1: 0.18mg (11.67%), Vitamin E: 1.71mg (11.41%), Copper: 0.23mg (11.28%), Vitamin A: 554.39IU (11.09%), Folate: 25.36µg (6.34%), Vitamin C: 3mg (3.64%), Vitamin B5: 0.12mg (1.19%), Vitamin D: 0.17µg (1.13%)