



Skirting the Issue: Skirt Steaks laced with Blue Cheese Butter

 **Gluten Free**

READY IN

ready

12 min.

SERVINGS

servings

4

CALORIES

calories

641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cheese crumbles blue
- ☐ 4 tablespoons butter softened
- ☐ 2 tablespoons chives chopped
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 4 servings steak seasoning blend recommended: Montreal Seasoning by McCormick
- ☐ 1.5 pounds skirt steaks

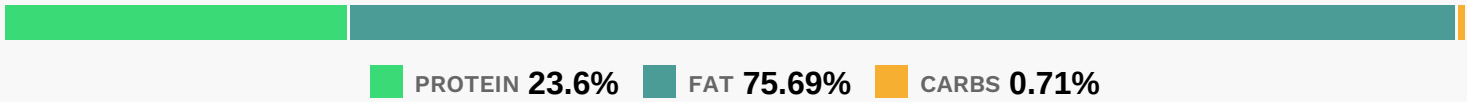
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan over high heat.
- ☐ Drizzle meat with oil and season with steak or grill seasoning blend. Grill meat 3 to 4 minutes on each side.
- ☐ Remove meat and let it rest 5 minutes to allow juices to redistribute.
- ☐ Mix butter with cheese and chives.
- ☐ Slice meat very thin on a heavy angle.
- ☐ Place the meat on a plate and top with small scoops of blue cheese butter. Butter and cheese will melt down over the meat: YUMMO!

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:19.712174011313%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 640.61kcal (32.03%), Fat: 54.3g (83.54%), Saturated Fat: 23g (143.75%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.16g (0.18%), Cholesterol: 146.52mg (48.84%), Sodium: 373.11mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.09g (76.19%), Selenium: 44.15µg (63.07%), Zinc: 9.22mg (61.49%), Vitamin B12: 3.05µg (50.89%), Vitamin B3: 8.56mg (42.81%), Vitamin B6: 0.72mg (35.98%), Phosphorus: 315.96mg (31.6%), Vitamin B2: 0.48mg (28.4%), Vitamin K: 21.78µg (20.74%), Iron: 3.45mg (19.17%), Vitamin E: 2.57mg (17.12%), Potassium: 519.6mg (14.85%), Calcium: 121.86mg (12.19%), Vitamin A: 586.44IU (11.73%), Magnesium: 43.21mg (10.8%), Vitamin B1: 0.16mg (10.55%), Copper: 0.15mg (7.41%), Folate: 15.54µg (3.89%), Vitamin B5: 0.32mg (3.21%), Manganese: 0.06mg (2.85%), Fiber: 0.46g (1.85%), Vitamin D: 0.25µg (1.7%), Vitamin C: 0.89mg (1.08%)