



## Spicy Tamarind Skirt Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



1 tablespoon kosher salt



3 tablespoons brown sugar light



3 serrano chiles with seeds, thinly sliced into rounds



1.5 pounds skirt steak cut into 4 pieces



0.3 cup tamarind concentrate



1 tablespoon vegetable oil

### Equipment



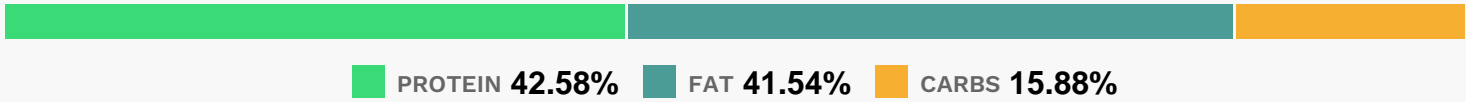
frying pan

- ☐ whisk
- ☐ cutting board

## Directions

- ☐ Whisk chiles, tamarind, brown sugar, salt, and 1 tablespoon oil in a shallow baking dish until sugar is dissolved.
- ☐ Add steak and turn to coat. Cover and chill at least 4 hours.
- ☐ Heat 2 teaspoons oil in a large skillet over high heat. Working in 2 batches and adding remaining 2 teaspoons oil between batches, cook steak until deeply browned, 2–4 minutes per side for medium-rare.
- ☐ Transfer steak to a cutting board; let rest at least 5 minutes before slicing.
- ☐ DO AHEAD: Steak can be marinated 1 day ahead. Keep chilled.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:2.8, Inflammation Score:-2, Nutrition Score:19.168260890505%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 343.87kcal (17.19%), Fat: 16.07g (24.72%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 13.27g (4.83%), Sugar: 11.81g (13.12%), Cholesterol: 107.16mg (35.72%), Sodium: 1861.44mg (80.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.06g (74.11%), Zinc: 10.98mg (73.2%), Vitamin B12: 3.62µg (60.38%), Selenium: 37.65µg (53.78%), Vitamin B3: 9.88mg (49.39%), Vitamin B6: 0.77mg (38.56%), Vitamin B2: 0.56mg (32.9%), Phosphorus: 272.58mg (27.26%), Iron: 3.32mg (18.45%), Potassium: 569.84mg (16.28%), Magnesium: 46.17mg (11.54%), Vitamin B5: 1.02mg (10.18%), Vitamin B1: 0.14mg (9.11%), Vitamin K: 9.55µg (9.09%), Manganese: 0.16mg (7.99%), Copper: 0.16mg (7.95%), Vitamin E: 0.49mg (3.25%), Vitamin C: 2.28mg (2.77%), Calcium: 24.8mg (2.48%), Fiber: 0.55g (2.2%), Folate: 7.28µg (1.82%), Vitamin A: 58.02IU (1.16%), Vitamin D: 0.17µg (1.13%)