



Teriyaki-Beer Skirt Steak

READY IN



25 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 cup beer
- 0.3 cup brown sugar
- 1 bell pepper green cut into 1/2-inch slices
- 6 servings hawaiian rolls sweet
- 3 tablespoons olive oil extra-virgin
- 1 tablespoon pepper season mix black
- 1 bell pepper red cut into 1/2-inch slices
- 1.5 pounds skirt steak

- 2 onions sweet cut into 1/2-inch slices
- 0.3 cup teriyaki sauce

Equipment

- grill

Directions

- In a zip-top bag, place skirt steak, beer, teriyaki sauce, brown sugar, and season mix. Push out air and seal. Shake to combine. Set aside.
- In another zip-top bag, add vegetables, oil, and vinegar. Push out air and seal. Shake to combine. Set aside.
- Preheat grill. Grill vegetables to desired tenderness, about 10 to 15 minutes.
- Remove from grill and set aside. Grill steak approximately 3 to 5 minutes per side for medium rare.
- Remove from grill and let rest for 5 minutes. Thinly slice steak at an angle.
- Serve meat and vegetables piled on Hawaiian sweet rolls.

Nutrition Facts



PROTEIN 27.56% **FAT 36.78%** **CARBS 35.66%**

Properties

Glycemic Index:27.42, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:19.936087100402%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.51mg, Quercetin: 16.51mg, Quercetin: 16.51mg, Quercetin: 16.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 430.02kcal (21.5%), Fat: 17.6g (27.08%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 36.39g (13.23%), Sugar: 22.19g (24.66%), Cholesterol: 81.24mg (27.08%), Sodium: 633.58mg (27.55%), Alcohol: 0.77g (100%), Alcohol %: 0.28% (100%), Protein: 29.67g (59.33%), Vitamin C: 46.63mg (56.52%), Zinc: 7.55mg (50.36%), Vitamin B12: 2.42µg (40.32%), Vitamin B6: 0.77mg (38.33%), Selenium: 25.93µg (37.04%), Vitamin B3: 7.15mg (35.73%), Vitamin B2: 0.42mg (24.85%), Phosphorus: 237.74mg (23.77%), Manganese: 0.37mg (18.32%), Potassium: 602.81mg (17.22%), Iron: 2.88mg (16.02%), Vitamin A: 710.01IU (14.2%), Magnesium: 50.92mg (12.73%), Folate: 42.29µg (10.57%), Vitamin E: 1.54mg (10.27%), Copper: 0.2mg (10.22%), Vitamin K: 10.32µg (9.83%), Vitamin B1: 0.14mg (9.4%), Vitamin B5: 0.91mg (9.06%), Fiber: 2.01g (8.05%), Calcium: 49.58mg (4.96%)