



Worcestershire Grilled Skirt Steak with Blue Cheese Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 3 ounce cheese blue crumbled
- ☐ 4 servings coarse salt
- ☐ 4 clove garlic minced peeled
- ☐ 2 tablespoon olive oil extra-virgin plus more for brushing
- ☐ 1.5 pound potatoes red
- ☐ 4 tablespoon rosemary leaves plus more for garnish chopped

- ☐ 1.8 pound skirt steak
- ☐ 0.5 cup worcestershire sauce

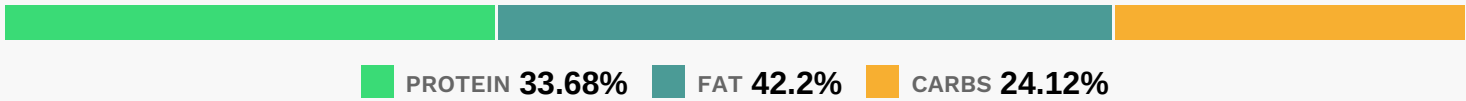
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare and preheat the grill for high heat. Stir garlic, rosemary, Worcestershire sauce and oil in a non reactive dish; season with pepper.
- ☐ Place the steak in the dish, swirling to get the meat well coated. Marinate, turning once 1 hour, or up to overnight in the refrigerator.Cover the potatoes with cold water in a medium saucepan; add a pinch of salt. Bring to a boil. Reduce heat, and simmer until just tender, about 15 minutes.
- ☐ Drain; let cool slightly. Slice potatoes in half, and brush lightly with oil; season with salt and pepper.Grill steak, turning once, to desired doneness, 3 to 4 minutes per side for medium-rare. Set aside. Meanwhile, grill potatoes, turning once, until lightly browned, about 5 minutes. Immediately sprinkle with cheese. Thinly slice steak against grain. Divide steak and potatoes among 4 plates.
- ☐ Serve, garnished with rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:33.812173915946%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 597.44kcal (29.87%), Fat: 28.37g (43.64%), Saturated Fat: 10.64g (66.5%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 32.65g (11.87%), Sugar: 5.77g (6.41%), Cholesterol: 140.97mg (46.99%), Sodium: 1048.44mg (45.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.95g (101.9%), Zinc: 14.07mg (93.82%), Vitamin B12: 4.49µg (74.77%), Selenium: 48.29µg (68.98%), Vitamin B3: 13.72mg (68.58%), Vitamin B6: 1.26mg (63%), Phosphorus: 518.42mg (51.84%), Potassium: 1715.41mg (49.01%), Vitamin B2: 0.83mg (48.57%), Iron: 7.31mg (40.6%), Vitamin C: 21.26mg (25.77%), Manganese: 0.51mg (25.36%), Copper: 0.49mg (24.57%), Magnesium: 95.76mg (23.94%), Calcium: 209.62mg (20.96%), Vitamin B1: 0.3mg (20.23%), Vitamin B5: 2.01mg (20.12%), Fiber: 3.83g (15.33%), Folate: 53.22µg (13.31%), Vitamin K: 13.19µg (12.56%), Vitamin E: 1.31mg (8.72%), Vitamin A: 280.55IU (5.61%), Vitamin D: 0.3µg (2.03%)