



 **59%**
HEALTH SCORE

Argentinean Oak-Planked Beef Tenderloin with Chimichurri Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef tenderloin steaks trimmed (3/)
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 15 cedar plank
- 0.5 teaspoon pepper red crushed
- 0.3 cup fat-skimmed beef broth fat-free
- 0.8 cup parsley fresh

- 0.3 cup cilantro leaves fresh
- 0.3 cup mint leaves fresh
- 3 garlic clove
- 1 teaspoon olive oil
- 0.3 cup onion chopped
- 2 tablespoons oregano fresh
- 0.5 teaspoon salt
- 3 tablespoons sherry vinegar

Equipment

- food processor
- grill

Directions

- Immerse and soak plank in water 1 hour; drain.
- Prepare grill, heating one side to medium and one side to high heat.
- To prepare steak, sprinkle steaks with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- Place plank on grill rack over high heat; grill 5 minutes or until lightly charred. Carefully turn plank over; move to medium heat.
- Place steak on charred side of plank. Cover and grill 12 minutes or until desired degree of doneness.
- To prepare sauce, combine parsley and remaining ingredients in a food processor, and process until smooth.
- Serve with steaks.

Nutrition Facts



PROTEIN 53.07% **FAT 36.8%** **CARBS 10.13%**

Properties

Glycemic Index:47.5, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:21.129999969317%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 24.39mg, Apigenin: 24.39mg, Apigenin: 24.39mg, Apigenin: 24.39mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 201.25kcal (10.06%), Fat: 8.05g (12.38%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 2.9g (1.05%), Sugar: 0.69g (0.77%), Cholesterol: 72.57mg (24.19%), Sodium: 425.22mg (18.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.22%), Vitamin K: 206.06µg (196.25%), Selenium: 35.47µg (50.67%), Vitamin B6: 0.79mg (39.74%), Vitamin B3: 7.73mg (38.64%), Zinc: 4.79mg (31.94%), Phosphorus: 259.91mg (25.99%), Vitamin A: 1253.76IU (25.08%), Vitamin C: 17.68mg (21.44%), Iron: 3.81mg (21.17%), Vitamin B12: 1.08µg (18.05%), Potassium: 558.66mg (15.96%), Manganese: 0.3mg (15.13%), Magnesium: 44.14mg (11.04%), Folate: 43.84µg (10.96%), Vitamin B2: 0.18mg (10.49%), Calcium: 98.19mg (9.82%), Vitamin B5: 0.87mg (8.68%), Fiber: 2.09g (8.34%), Vitamin E: 1.16mg (7.76%), Copper: 0.15mg (7.62%), Vitamin B1: 0.11mg (7.47%)