






 **75%**  
HEALTH SCORE

# Argentinean Steak with Parsley Sauce: Carne y Chimichurri

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

READY IN  
  
**25 min.**

SERVINGS  
  
**4**

CALORIES  
  
**421 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 4 bay leaves
- 0.5 cup freshly cilantro chopped
- 1.5 pound flank steak
- 4 cloves garlic
- 2 jalapeños roughly chopped
- 0.3 cup olive oil extra-virgin
- 0.5 cup freshly oregano chopped

- 0.5 cup freshly parsley italian chopped
- 4 servings salt and pepper
- 0.3 cup distilled vinegar white

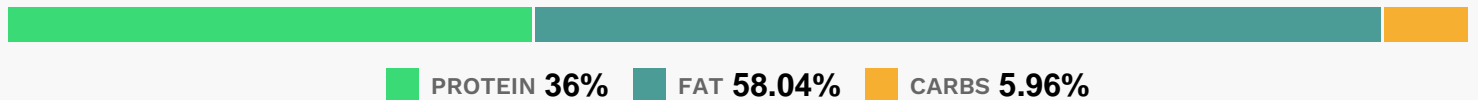
## Equipment

- bowl
- whisk
- blender
- grill
- broiler

## Directions

- Preheat a grill or broiler to high.
- In a blender, combine vinegar, jalapeno, garlic, and bay leaves puree until smooth.
- Transfer to a bowl and add the herbs.
- Whisk in the olive oil and season with salt and pepper.
- Mix well and set aside.
- Season the flank steak with olive oil, salt, and pepper and grill/broil the steak for 2 to 3 minutes per side for medium rare. Slice the steak thinly, across the grain on the bias and serve with the chimichurri sauce.

## Nutrition Facts



## Properties

Glycemic Index:45.25, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:27.923913292263%

## Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 1.49mg, Quercetin: 1.49mg,

Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 420.89kcal (21.04%), Fat: 26.88g (41.35%), Saturated Fat: 6.13g (38.29%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 3.07g (1.12%), Sugar: 0.65g (0.72%), Cholesterol: 102.06mg (34.02%), Sodium: 291.98mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.52g (75.04%), Vitamin K: 180.73µg (172.12%), Selenium: 51.01µg (72.87%), Vitamin B6: 1.17mg (58.49%), Vitamin B3: 11.1mg (55.52%), Zinc: 6.82mg (45.45%), Phosphorus: 364.95mg (36.49%), Iron: 5.55mg (30.81%), Vitamin E: 4.54mg (30.27%), Vitamin B12: 1.55µg (25.8%), Vitamin C: 19.94mg (24.17%), Potassium: 738.06mg (21.09%), Manganese: 0.41mg (20.65%), Vitamin A: 950.73IU (19.01%), Calcium: 151.59mg (15.16%), Magnesium: 59.98mg (14.99%), Vitamin B2: 0.25mg (14.5%), Folate: 51.13µg (12.78%), Fiber: 3.14g (12.56%), Vitamin B5: 1.21mg (12.08%), Vitamin B1: 0.15mg (9.98%), Copper: 0.19mg (9.58%)