



Bistec Argentino al Chimichurri (Steak with Chimichurri Sauce)

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon adobo seasoning (see notes)
- 6 tablespoons balsamic vinegar
- 2 tablespoons butter
- 0.5 cup cilantro leaves fresh packed chopped
- 2 cloves garlic minced peeled
- 2 tablespoons olive oil
- 0.5 teaspoon oregano dried

- 0.5 teaspoon pepper
- 0.3 teaspoon pepper dried red
- 2 teaspoons salt and pepper
- 2 pork loin chops thick fat trimmed (New York strip)

Equipment

- frying pan
- paper towels
- ladle

Directions

- To make chimichurri, combine cilantro, vinegar, oil, garlic, adobo, oregano, pepper, and chile flakes.
- Rinse beef, pat dry, and rub all over with steak seasoning mix.
- In a 10- to 12-inch nonstick frying pan over medium-high heat, melt 1 teaspoon butter.
- Lay steaks in pan and cook, turning as needed, to brown all sides, including edges, about 10 minutes total for very rare (red in center, cut to test). For medium rare, cook 2 or 3 minutes more. To reduce spattering, wipe fat from pan with paper towels.
- Transfer steaks to a platter; keep warm. If dark charred bits are present in pan, wipe out with a paper towel.
- Add remaining butter to pan and stir; when melted, add chimichurri sauce.
- Cut meat into 4 portions and set on plates.
- Pour meat juices from platter into frying pan, then ladle sauce over steaks.
- Wine Pairing: A slightly spicy red wine with ripe plums and cherry, such as La Boca 2003 Malbec from Argentina.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:2.25, Inflammation Score:-5, Nutrition Score:9.7752173206081%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 243.86kcal (12.19%), Fat: 17.39g (26.75%), Saturated Fat: 6.22g (38.87%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 5.23g (1.9%), Sugar: 3.66g (4.07%), Cholesterol: 59.94mg (19.98%), Sodium: 1249.36mg (54.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.89%), Selenium: 22.71µg (32.44%), Vitamin B1: 0.46mg (30.39%), Vitamin B3: 5.42mg (27.11%), Vitamin B6: 0.53mg (26.33%), Phosphorus: 165.16mg (16.52%), Vitamin K: 13.03µg (12.41%), Vitamin E: 1.41mg (9.4%), Potassium: 313.07mg (8.94%), Vitamin B2: 0.14mg (7.95%), Zinc: 1.13mg (7.55%), Vitamin A: 355.39IU (7.11%), Manganese: 0.13mg (6.33%), Vitamin B12: 0.37µg (6.12%), Magnesium: 23.23mg (5.81%), Vitamin B5: 0.53mg (5.28%), Iron: 0.8mg (4.44%), Copper: 0.06mg (3.19%), Calcium: 23.8mg (2.38%), Vitamin D: 0.27µg (1.79%), Fiber: 0.37g (1.47%), Vitamin C: 1.02mg (1.24%)