



Broiled Flank Steak with Salsa Verde

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons capers rinsed drained
- 1 cup cilantro leaves
- 3 cornichons
- 1 teaspoon dijon mustard
- 2 tablespoons olive oil extravirgin
- 1.5 pound flank steak trimmed
- 1 cup flat-leaf parsley leaves

- 1 garlic clove peeled
- 1 tablespoon juice of lime fresh
- 0.5 teaspoon salt
- 3 tablespoons water

Equipment

- food processor
- bowl
- broiler
- broiler pan

Directions

- Preheat broiler.
- To prepare salsa, place cilantro and next 8 ingredients (through garlic) in a food processor; process until smooth, scraping sides of bowl occasionally.
- Place sauce in a bowl; cover and set aside.
- To prepare steak, sprinkle each side of steak evenly with salt and pepper.
- Place on a broiler pan coated with cooking spray; broil 6 minutes on each side or until desired degree of doneness.
- Cut steak diagonally across grain into thin slices; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:18.219130360562%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin:

0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 203.33kcal (10.17%), Fat: 10.47g (16.11%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.18g (0.2%), Cholesterol: 68.04mg (22.68%), Sodium: 295.02mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.53%), Vitamin K: 177.14µg (168.71%), Selenium: 33.86µg (48.37%), Vitamin B3: 7.24mg (36.2%), Vitamin B6: 0.71mg (35.37%), Zinc: 4.48mg (29.88%), Phosphorus: 238.56mg (23.86%), Vitamin A: 1027.02IU (20.54%), Vitamin C: 14.96mg (18.14%), Vitamin B12: 1.03µg (17.2%), Iron: 2.49mg (13.86%), Potassium: 464.84mg (13.28%), Vitamin B2: 0.15mg (8.66%), Folate: 32.11µg (8.03%), Magnesium: 31.97mg (7.99%), Vitamin B5: 0.78mg (7.81%), Vitamin E: 1.16mg (7.73%), Vitamin B1: 0.1mg (6.37%), Copper: 0.11mg (5.65%), Calcium: 42.58mg (4.26%), Manganese: 0.07mg (3.72%), Fiber: 0.53g (2.12%)