



Chimichurri Cheesesteaks

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



532 kcal

SAUCE

Ingredients

- ☐ 1.5 pounds u.s. beef chuck-eye steaks boneless
- ☐ 2 cups flat-leaf parsley leaves fresh packed 2 bunches
- ☐ 4 garlic cloves chopped
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.3 teaspoons pepper divided
- ☐ 0.3 pound provolone cheese thinly sliced
- ☐ 1.8 teaspoons morton salt divided

- ☐ 4 cups onion sweet thinly sliced 2
- ☐ 2 tablespoons crisco vegetable oil
- ☐ 6 servings reynolds wrap heavy duty foil
- ☐ 6 sara lee center-split deli rolls

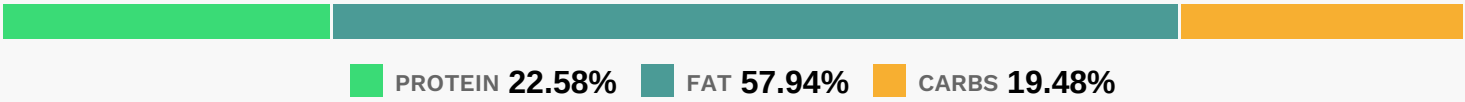
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Pulse parsley and garlic in a blender or food processor just until finely chopped. (Do not puree.)
- ☐ Remove to a medium bowl, and stir in lemon juice, olive oil, 3/4 teaspoon salt, and 3/4 teaspoon pepper; set aside.
- ☐ Cook onion and 1/2 teaspoon salt in hot vegetable oil over medium-high heat, stirring often, 15 minutes or until onions are golden brown and tender.
- ☐ Sprinkle steaks evenly with remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 10 minutes on each side or to desired degree of doneness.
- ☐ Cut rolls in half lengthwise, and grill cut sides of rolls during the last few minutes of cooking steaks.
- ☐ Remove steaks and rolls.
- ☐ Cut steaks into thin slices.
- ☐ Spread parsley mixture evenly on cut sides of bread; place steak slices and onion evenly on bottom bread halves, and top each evenly with cheese and remaining bread halves. Wrap each sandwich in foil. Grill, covered with grill lid, 3 to 4 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:5.22, Inflammation Score:-9, Nutrition Score:29.126086924387%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 4.22mg, Myricetin: 4.22mg, Myricetin: 4.22mg, Myricetin: 4.22mg Quercetin: 15.62mg, Quercetin: 15.62mg, Quercetin: 15.62mg, Quercetin: 15.62mg

Nutrients (% of daily need)

Calories: 532kcal (26.6%), Fat: 34.61g (53.24%), Saturated Fat: 13.02g (81.35%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 23.33g (8.48%), Sugar: 7.02g (7.8%), Cholesterol: 90.15mg (30.05%), Sodium: 1133.93mg (49.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.34g (60.68%), Vitamin K: 344.46µg (328.06%), Zinc: 9.5mg (63.35%), Vitamin B12: 3.27µg (54.49%), Selenium: 32.64µg (46.63%), Vitamin C: 36.28mg (43.97%), Phosphorus: 409.13mg (40.91%), Vitamin A: 1872.26IU (37.45%), Vitamin B6: 0.68mg (33.91%), Vitamin B3: 6.75mg (33.75%), Iron: 5.25mg (29.15%), Calcium: 258.03mg (25.8%), Folate: 90.59µg (22.65%), Vitamin B2: 0.35mg (20.76%), Vitamin B1: 0.31mg (20.72%), Potassium: 713.35mg (20.38%), Manganese: 0.36mg (18.15%), Magnesium: 56.01mg (14%), Fiber: 2.85g (11.39%), Vitamin B5: 1.1mg (10.99%), Copper: 0.21mg (10.48%), Vitamin E: 1.44mg (9.58%), Vitamin D: 0.21µg (1.39%)