



Chimichurri Skirt Steak with Grilled Asparagus

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

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus white green
- 0.5 teaspoon pepper flakes
- 1 cup flat parsley packed chopped
- 0.3 cup mint leaves fresh
- 3 garlic clove chopped
- 4 garlic clove peeled
- 4 servings kosher salt
- 3 tablespoons juice of lemon

- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 cup oregano fresh
- 1 teaspoon pepper freshly ground
- 4 servings pepper black
- 2 tablespoons red wine vinegar
- 2 tablespoons shallots chopped
- 2 fat-trimmed beef flank steak

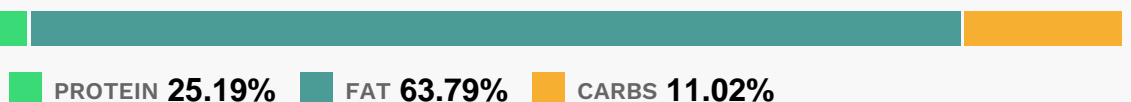
Equipment

- food processor
- grill

Directions

- Place all chimichurri sauce ingredients except for the olive oil in a food processor & pulse until well chopped. While the food processor is going, slowly pour the olive oil into the mixture until blended. Reserve half of the sauce to serve on the side with the meal. Season skirt steaks with salt & pepper on both sides. Spoon the remaining chimichurri sauce over the steaks & let marinate for 30 minutes up to overnight. Pre-heat the grill to 350 to 400 F. In a plastic resealable bag, add asparagus, olive oil, garlic, salt & pepper. Shake to coat & place in a grill basket.
- Place the steak & grill basket of asparagus directly over a hot grill. Gently toss the asparagus for even grilling & baste with garlic, olive oil mixture 10 minutes. Grill the skirt steak to desired temperature 5 to 8 minutes per side.
- Remove from grill & let steak rest for 10 minutes before slice long strips. Spoon reserved chimichurri sauce over steak & serve with asparagus on the side.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:28.855652173913%

Flavonoids

Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg

Taste

Sweetness: 21.34%, Saltiness: 100%, Sourness: 47.13%, Bitterness: 30.41%, Savoriness: 59.59%, Fattiness: 73.64%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 409.46kcal (20.47%), Fat: 29.97g (46.1%), Saturated Fat: 9.11g (56.92%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 6.81g (2.48%), Sugar: 3.15g (3.5%), Cholesterol: 68.93mg (22.98%), Sodium: 267.49mg (11.63%), Protein: 26.63g (53.25%), Vitamin K: 322.85µg (307.47%), Vitamin A: 2318.92IU (46.38%), Zinc: 6.78mg (45.2%), Selenium: 31.18µg (44.54%), Vitamin C: 34.59mg (41.93%), Iron: 6.88mg (38.23%), Vitamin B3: 7.1mg (35.48%), Vitamin B6: 0.69mg (34.75%), Vitamin B12: 1.88µg (31.26%), Manganese: 0.57mg (28.57%), Vitamin B2: 0.48mg (28.12%), Vitamin E: 3.92mg (26.13%), Phosphorus: 250.63mg (25.06%), Folate: 99.83µg (24.96%), Potassium: 731.23mg (20.89%), Vitamin B1: 0.3mg (19.96%), Fiber: 4.84g (19.37%), Copper: 0.38mg (19.23%), Magnesium: 61.97mg (15.49%), Calcium: 126.05mg (12.6%), Vitamin B5: 0.48mg (4.78%)