



## Churrasco with Chimichurri Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 bay leaves
- 2 teaspoons pepper black
- 1.5 cups cilantro leaves
- 2 teaspoons thyme dried
- 0.3 cup garlic clove chopped
- 2 teaspoons ground cumin
- 6 servings sauce
- 0.8 cup onion chopped

- 2 teaspoons oregano dried
- 1 teaspoon salt
- 1.5 pound sirloin steak
- 1 cup vinegar white

## Equipment

- grill
- ziploc bags

## Directions

- Trim fat from steak, and set aside.
- Combine cilantro and next 9 ingredients (cilantro through bay leaves) in a large zip-top plastic bag.
- Add steak to bag, and seal. Marinate in refrigerator for 3 hours, turning occasionally.
- Remove steak from bag; discard marinade.
- Prepare grill.
- Place steak on grill rack coated with cooking spray; grill steak 8 minutes on each side or until desired degree of doneness.
- Let stand 3 minutes.
- Cut steak diagonally across grain into thin slices.
- Serve with Chimichurri Sauce.

## Nutrition Facts



## Properties

Glycemic Index:30.17, Glycemic Load:1.06, Inflammation Score:-8, Nutrition Score:14.046521741411%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin:

0.1mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

## Nutrients (% of daily need)

Calories: 284.99kcal (14.25%), Fat: 17.1g (26.31%), Saturated Fat: 6.87g (42.93%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.39g (1.6%), Sugar: 1.24g (1.38%), Cholesterol: 63.5mg (21.17%), Sodium: 466.88mg (20.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.91%), Vitamin B12: 3.15µg (52.54%), Selenium: 19.98µg (28.54%), Vitamin B6: 0.55mg (27.28%), Zinc: 3.92mg (26.17%), Vitamin K: 23.56µg (22.44%), Phosphorus: 221.5mg (22.15%), Vitamin B3: 4.31mg (21.55%), Iron: 3.69mg (20.5%), Manganese: 0.35mg (17.38%), Vitamin B2: 0.23mg (13.57%), Potassium: 456.25mg (13.04%), Vitamin B1: 0.14mg (9.63%), Magnesium: 33.74mg (8.44%), Copper: 0.15mg (7.41%), Vitamin A: 310.04IU (6.2%), Vitamin C: 4.58mg (5.56%), Calcium: 53.65mg (5.37%), Fiber: 1.23g (4.92%), Vitamin B5: 0.45mg (4.48%), Folate: 16.02µg (4%), Vitamin E: 0.28mg (1.9%)