



Dinner Tonight: Grilled Steak with Sauce Gribiche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers coarsely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 eggs
- ☐ 3 tablespoons herbs like: thym mixed such as parsley, chives, tarragon, dill, etc. chopped
- ☐ 1.5 cups olives neutral
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt to taste

- ☐ 1 shallots finely chopped
- ☐ 2 pound fat-trimmed beef flank steak such as skirt or flank

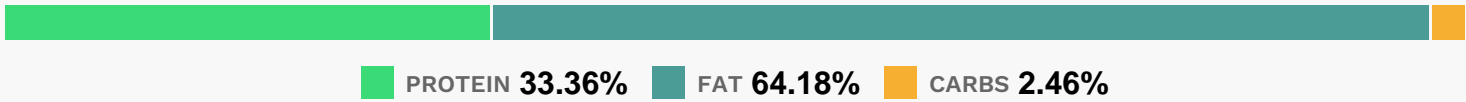
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Bring a small pot of water to a simmer and carefully lower in the egg. Bring to a boil, then turn down to simmer for 4 minutes.
- ☐ Remove and cool completely under a cold faucet, or in a bowl of ice water. Carefully remove the shell and place the egg in a bowl with the mustard, vinegar, shallots, and a good pinch of salt. Mash lightly to combine, then drizzle in the oil very slowly, whisking vigorously, to create an emulsion. You can add the oil a little more quickly once a good emulsion has been formed, whisky all the while.
- ☐ Add the herbs and capers and season to taste with salt and vinegar.
- ☐ Rub the steaks with salt, pepper, and a little oil. Grill to desired doneness on a grill or grill pan.
- ☐ Remove from the heat and allow to rest at least five minutes, then slice and arrange on a platter. Spoon the sauce over the steaks, or serve it separately.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:24.199565192927%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin:

6.9mg

Nutrients (% of daily need)

Calories: 570.35kcal (28.52%), Fat: 41.04g (63.13%), Saturated Fat: 15.66g (97.86%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.88g (0.98%), Cholesterol: 179.27mg (59.76%), Sodium: 1270.51mg (55.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48g (96%), Selenium: 60.57µg (86.53%), Zinc: 11.87mg (79.16%), Vitamin B12: 3.86µg (64.38%), Vitamin B3: 11.31mg (56.53%), Vitamin B6: 0.97mg (48.34%), Phosphorus: 360.03mg (36%), Vitamin B2: 0.61mg (35.66%), Iron: 4.63mg (25.7%), Potassium: 679.75mg (19.42%), Vitamin B1: 0.23mg (15.11%), Magnesium: 60.21mg (15.05%), Vitamin E: 2.11mg (14.05%), Copper: 0.28mg (13.77%), Vitamin K: 11.46µg (10.91%), Fiber: 2.18g (8.74%), Vitamin A: 379.93IU (7.6%), Calcium: 57.86mg (5.79%), Folate: 17.82µg (4.46%), Manganese: 0.06mg (3.06%), Vitamin D: 0.45µg (2.98%), Vitamin B5: 0.21mg (2.14%), Vitamin C: 0.99mg (1.21%)