



Dinner Tonight: Skirt Steak With Chimichurri Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic
- ☐ 0.5 juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 tablespoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 0.5 bunch parsley
- ☐ 0.5 onion red minced

- ☐ 1 tablespoon red wine vinegar
- ☐ 2 servings salt and pepper
- ☐ 1 skirt steak

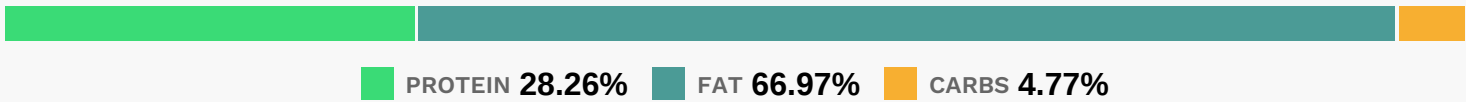
Equipment

- ☐ food processor
- ☐ grill
- ☐ broiler

Directions

- ☐ Season the steak with salt and pepper, and let it sit on the counter for 30 minutes.
- ☐ In a food processor, combine the vinegar, lemon juice, 1/4 cup olive oil, red onion, paprika, and garlic. Purée into a thick red paste.
- ☐ Add the parsley, oregano, and a pinch of salt and pepper. Purée until it's a nice green paste.
- ☐ Preheat grill or broiler. Coat steak with remaining 1 tablespoon olive oil. Cook 2 to 3 minutes per side for like medium-rare. When done, remove and set aside for five minutes.
- ☐ Cut against the grain, and pour chimichurri atop. Eat!

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:29.322608569394%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 528.59kcal (26.43%), Fat: 39.95g (61.47%), Saturated Fat: 8.5g (53.15%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 4.5g (1.64%), Sugar: 1.66g (1.85%), Cholesterol: 107.1mg (35.7%), Sodium: 317.79mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.94g (75.87%), Vitamin K: 261.24µg (248.8%), Zinc: 11.27mg (75.1%), Vitamin B12: 3.62µg (60.35%), Selenium: 38.1µg (54.44%), Vitamin B3: 10.05mg (50.26%), Vitamin B6: 0.86mg (43.02%), Vitamin B2: 0.59mg (34.63%), Vitamin A: 1729.09IU (34.58%), Vitamin E: 4.7mg (31.36%), Vitamin C: 24.9mg (30.18%), Phosphorus: 288.82mg (28.88%), Iron: 4.85mg (26.93%), Potassium: 677.03mg (19.34%), Manganese: 0.33mg (16.63%), Magnesium: 53.94mg (13.48%), Vitamin B5: 1.14mg (11.41%), Copper: 0.2mg (9.96%), Vitamin B1: 0.14mg (9.35%), Folate: 37.03µg (9.26%), Fiber: 1.9g (7.61%), Calcium: 65.16mg (6.52%), Vitamin D: 0.17µg (1.13%)