



Flank Steak Crostini with Chimichurri and Vidalia Relish

READY IN



133 min.

SERVINGS



10

CALORIES



624 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette
- ☐ 10 servings pepper black freshly ground
- ☐ 0.3 cup canola oil
- ☐ 10 servings canola oil
- ☐ 10 servings canola oil
- ☐ 1 cup cilantro leaves
- ☐ 2 pound flank steak
- ☐ 1 cup flat-leaf parsley leaves

- ☐ 3 cloves garlic minced
- ☐ 4 cloves garlic roughly chopped
- ☐ 4 green onions sliced
- ☐ 10 servings kosher salt
- ☐ 10 servings kosher salt and pepper black
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup mint leaves
- ☐ 0.8 cup olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 cups red wine
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 tablespoon bobby flay poultry rub
- ☐ 1 serrano chile with the seeds minced
- ☐ 3 vidalia sweet sliced
- ☐ 1 cup cassis
- ☐ 1 cup cassis

Equipment

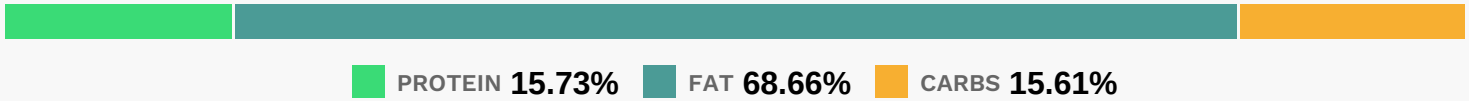
- ☐ food processor
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the wine, cassis, oil and black pepper in a nonreactive dish.
- ☐ Add the steak, turn to coat, and marinate at room temperature 1 hour.;
- ☐ Sauce:Pulse the herbs and garlic in a food processor until coarsely chopped.
- ☐ Add 3/4 cup oil, 1/4 cup vinegar and salt and pepper, to taste, and pulse to make a soupy vinaigrette it will look a bit creamy until it settles.

- ☐ Add more oil and/or vinegar if too thick. Set aside.
- ☐ Preheat the grill to high.
- ☐ Remove the steak from the marinade and season with salt and more pepper. Grill, covered, until nicely charred and medium rare, 3 to 4 minutes per side.
- ☐ Remove from the grill and rest 5 to 10 minutes before slicing across the grain.
- ☐ Brush the onions with some canola oil and season with rub, salt and pepper. Grill the onions, turning, until charred and soft.
- ☐ Remove from the grill and chop coarsely. Chop again with the green onions and then stir them together with the chile, oil, vinegar, and salt and pepper.
- ☐ Slice the baguette on a diagonal 1/4-inch thick.
- ☐ Brush with oil, season with salt and pepper and grill briefly, until just starting to crisp. Top each piece with some sauce, a slice or 2 of steak, more sauce and some relish.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:8.79, Inflammation Score:-8, Nutrition Score:22.982608878094%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 13.13mg, Apigenin: 13.13mg, Apigenin: 13.13mg, Apigenin: 13.13mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 16.43mg, Quercetin: 16.43mg, Quercetin: 16.43mg, Quercetin: 16.43mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 624.42kcal (31.22%), Fat: 45.07g (69.34%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 20.92g (7.61%), Sugar: 6.69g (7.43%), Cholesterol: 54.43mg (18.14%), Sodium: 606.99mg (26.39%), Alcohol: 5.09g (100%), Alcohol %: 1.88% (100%), Protein: 23.23g (46.47%), Vitamin K: 146.87µg (139.88%), Vitamin E: 7.23mg (48.2%), Selenium: 32.04µg (45.78%), Vitamin B6: 0.78mg (38.99%), Vitamin B3: 7.22mg (36.11%), Zinc: 4.03mg (26.86%), Phosphorus: 257.69mg (25.77%), Manganese: 0.41mg (20.48%), Iron: 3.6mg (20.02%), Folate: 78.4µg (19.6%), Vitamin C: 15.81mg (19.17%), Vitamin B1: 0.27mg (18.03%), Potassium: 606.39mg (17.33%), Vitamin A: 776.23IU (15.52%), Vitamin B2: 0.24mg (14.21%), Vitamin B12: 0.83µg (13.76%), Magnesium: 49.6mg (12.4%), Copper: 0.2mg (9.78%), Calcium: 96.85mg (9.69%), Fiber: 2.13g (8.51%), Vitamin B5: 0.84mg (8.39%)