



Flank Steak Salad with Chimichurri Dressing

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pound flank steak
- ☐ 3 garlic clove peeled
- ☐ 8 ounces the salad mixed
- ☐ 12 ounce baby mozzarella balls fresh drained
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons oregano fresh
- ☐ 1 large bunch parsley fresh italian
- ☐ 1 teaspoon hot sauce hot

☐ 0.3 cup red wine vinegar

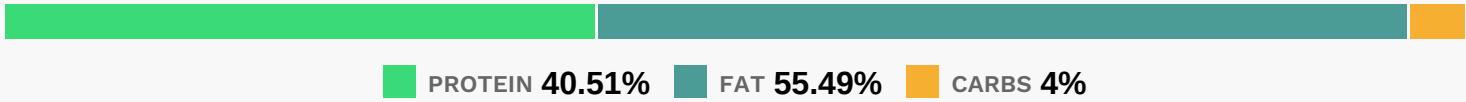
Equipment

☐ grill

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Combine parsley (with stems), oregano, and garlic in processor; blend 10 seconds.
- ☐ Add 1/2 cup oil, vinegar, and hot pepper sauce; blend until almost smooth. Season dressing to taste with salt and pepper.
- ☐ Brush grill rack with oil.
- ☐ Sprinkle steak on both sides with salt and pepper. Grill steak to desired doneness, about 5 minutes per side for medium-rare.
- ☐ Transfer steak to work surface; let rest 5 minutes.
- ☐ Meanwhile, toss greens in large bowl with some dressing.
- ☐ Transfer to large platter.
- ☐ Sprinkle mozzarella over.
- ☐ Thinly slice steak across grain on slight diagonal. Arrange steak atop greens.
- ☐ Drizzle with remaining dressing.
- ☐ * Available in the cheese section of many supermarkets and at specialty foods stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:21.146521609762%

Flavonoids

Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol:

0.15mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 347.01kcal (17.35%), Fat: 21.59g (33.21%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 2.45g (0.89%), Sugar: 0.17g (0.19%), Cholesterol: 88.45mg (29.48%), Sodium: 134.67mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.46g (70.92%), Vitamin K: 169.73µg (161.65%), Selenium: 33.9µg (48.43%), Vitamin B6: 0.76mg (38.09%), Vitamin B3: 7.48mg (37.42%), Zinc: 4.59mg (30.6%), Calcium: 274.33mg (27.43%), Vitamin C: 22.46mg (27.22%), Phosphorus: 254.95mg (25.49%), Vitamin A: 1259.25IU (25.18%), Iron: 3.28mg (18.22%), Vitamin B12: 1.03µg (17.2%), Potassium: 536.23mg (15.32%), Folate: 47.2µg (11.8%), Vitamin B2: 0.17mg (9.98%), Manganese: 0.2mg (9.82%), Magnesium: 39.16mg (9.79%), Vitamin B5: 0.82mg (8.23%), Vitamin E: 1.22mg (8.17%), Vitamin B1: 0.11mg (7.16%), Copper: 0.13mg (6.6%), Fiber: 1.06g (4.22%)