



Flank Steak with Chimichurri



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon cayenne
- ☐ 1.5 pounds flank steak trimmed
- ☐ 1.5 cups cilantro leaves fresh
- ☐ 1.5 cups flat-leaf parsley fresh
- ☐ 1 large garlic clove
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin

- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup distilled vinegar white

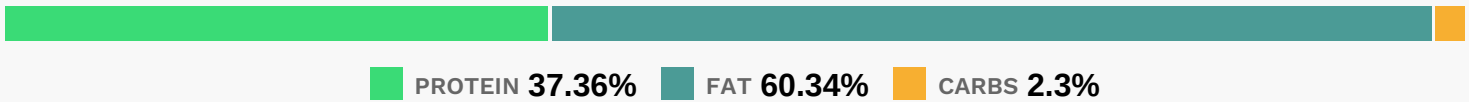
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ broiler
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Pat steak dry. Stir together 1 teaspoon salt, cumin, coriander, and pepper in a small bowl and rub mixture onto both sides of steak. Broil steak on a broiler pan about 4 inches from heat 6 minutes per side for medium-rare.
- ☐ Transfer to a cutting board and let stand 5 minutes.
- ☐ Meanwhile, with motor running, add garlic to a food processor and finely chop.
- ☐ Add cilantro, parsley, vinegar, oil, cayenne, and remaining 1/2 teaspoon salt, then pulse until herbs are finely chopped.
- ☐ Holding a knife at a 45-degree angle, thinly slice steak.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.23, Inflammation Score:-8, Nutrition Score:19.876087219819%

Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 272.01kcal (13.6%), Fat: 17.9g (27.53%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.18g (0.2%), Cholesterol: 68.04mg (22.68%), Sodium: 652.63mg (28.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.87%), Vitamin K: 267.21µg (254.48%), Selenium: 33.69µg (48.13%), Vitamin B3: 7.33mg (36.63%), Vitamin B6: 0.71mg (35.74%), Vitamin A: 1570.81IU (31.42%), Zinc: 4.55mg (30.34%), Vitamin C: 21.3mg (25.82%), Phosphorus: 242.76mg (24.28%), Vitamin B12: 1.03µg (17.2%), Iron: 2.98mg (16.57%), Vitamin E: 2.3mg (15.34%), Potassium: 500.96mg (14.31%), Folate: 40.16µg (10.04%), Vitamin B2: 0.15mg (9.06%), Magnesium: 35.16mg (8.79%), Vitamin B5: 0.8mg (8.01%), Vitamin B1: 0.1mg (6.67%), Copper: 0.12mg (6.06%), Calcium: 52.44mg (5.24%), Manganese: 0.09mg (4.51%), Fiber: 0.75g (2.99%)