



Flank Steak with Chimichurri Sauce

 **Gluten Free**  **Dairy Free**

READY IN



270 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb flank steak
- 0.3 cup parsley fresh chopped
- 1 cup vegetable oil
- 0.5 cup citrus champagne vinegar
- 0.5 cup juice of lemon
- 1 teaspoon pepper red crushed
- 4 cloves garlic finely chopped

Equipment

- grill
- ziploc bags

Directions

- Make cuts about 1/2 inch apart and 1/8 inch deep in diamond pattern in both sides of beef.
- Place beef in shallow glass or plastic dish or resealable food-storage plastic bag.
- To make sauce, in tightly covered container, shake all remaining ingredients.
- Pour 1 cup of the sauce over beef; turn beef to coat with sauce. To marinate, cover dish or seal bag and refrigerate at least 4 hours but no longer than 24 hours, turning beef occasionally. Cover remaining sauce and set aside to serve with beef.
- Spray grill rack with cooking spray or brush with oil.
- Heat coals or gas grill for medium heat. (Check the temperature of the coals by placing your hand, palm side down, near but not touching the cooking grill rack. If you can keep your hand there for two seconds (one-thousand one, one-thousand two), the temperature is high; three seconds is medium-high; four seconds is medium; five seconds is low.)
- Remove beef from marinade; set marinade aside. Grill beef uncovered 12 to 16 minutes for medium doneness, brushing with marinade and turning once. Discard any remaining marinade.
- Cut beef diagonally across grain into thin slices.
- Serve with remaining sauce.

Nutrition Facts



PROTEIN 43.62% **FAT 52.06%** **CARBS 4.32%**

Properties

Glycemic Index:15.5, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:22.509130498637%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg

Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 349.01kcal (17.45%), Fat: 19.59g (30.14%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.87g (0.96%), Cholesterol: 102.06mg (34.02%), Sodium: 103.66mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.94g (73.88%), Vitamin K: 84.17µg (80.16%), Selenium: 50.74µg (72.49%), Vitamin B6: 1.09mg (54.71%), Vitamin B3: 10.75mg (53.74%), Zinc: 6.64mg (44.24%), Phosphorus: 356.69mg (35.67%), Vitamin B12: 1.55µg (25.8%), Vitamin C: 17.88mg (21.67%), Potassium: 665.65mg (19.02%), Iron: 3.15mg (17.5%), Vitamin B2: 0.21mg (12.46%), Vitamin B5: 1.15mg (11.49%), Vitamin E: 1.65mg (11.01%), Magnesium: 43.82mg (10.95%), Vitamin B1: 0.14mg (9.35%), Vitamin A: 466.25IU (9.32%), Folate: 34.14µg (8.54%), Copper: 0.15mg (7.58%), Calcium: 51.6mg (5.16%), Manganese: 0.1mg (5.04%), Fiber: 0.45g (1.81%)