



Flank Steak with Romesco Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons almonds sliced
- 0.3 teaspoon pepper black freshly ground
- 1 pound flank steak trimmed
- 2 teaspoons garlic fresh chopped
- 1.5 ounce bread
- 4 teaspoons olive oil extra virgin extra-virgin
- 0.3 teaspoon paprika smoked spanish
- 7 ounce roasted peppers red drained

- 0.5 teaspoon salt divided
- 1 tablespoon sherry vinegar

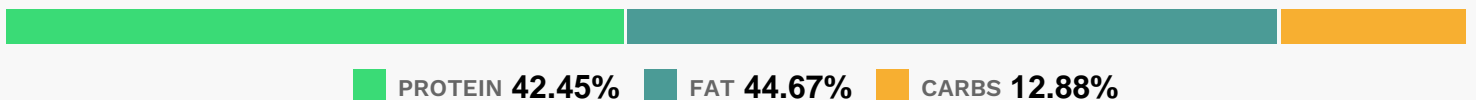
Equipment

- food processor
- frying pan
- baking sheet
- broiler
- broiler pan

Directions

- Preheat broiler.
- Arrange almonds and bread in a single layer on a baking sheet. Broil 1 minute or until lightly browned.
- Add almonds and bread to a food processor; process until coarsely ground.
- Heat olive oil, garlic, and paprika in a small skillet over medium heat; cook for 1 minute or until garlic begins to brown.
- Add garlic mixture, sherry vinegar, bell peppers, and 1/8 teaspoon salt to bread mixture; process until smooth.
- Sprinkle steak evenly with remaining 3/8 teaspoon salt and black pepper.
- Place on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness.
- Let stand 5 minutes.
- Cut steak diagonally across grain into thin slices.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:2.95, Inflammation Score:-5, Nutrition Score:17.413043498993%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 259.21kcal (12.96%), Fat: 12.72g (19.57%), Saturated Fat: 3.2g (20%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 6.29g (2.29%), Sugar: 0.72g (0.79%), Cholesterol: 68.04mg (22.68%), Sodium: 1078.6mg (46.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.39%), Selenium: 36.78µg (52.54%), Vitamin B6: 0.83mg (41.29%), Vitamin B3: 8.01mg (40.05%), Zinc: 4.8mg (32.01%), Phosphorus: 288.76mg (28.88%), Vitamin C: 23.56mg (28.55%), Manganese: 0.48mg (23.93%), Vitamin B12: 1.03µg (17.2%), Potassium: 534.44mg (15.27%), Vitamin E: 2.28mg (15.21%), Iron: 2.71mg (15.04%), Magnesium: 53.06mg (13.26%), Vitamin B2: 0.22mg (13.14%), Copper: 0.23mg (11.52%), Vitamin B1: 0.15mg (9.96%), Vitamin B5: 0.84mg (8.43%), Calcium: 78.93mg (7.89%), Fiber: 1.97g (7.86%), Folate: 29.47µg (7.37%), Vitamin A: 320.74IU (6.41%), Vitamin K: 4.93µg (4.69%)