



Flank Steak with Salsa Verde

 Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fillet anchovy
- 2 tablespoons capers drained
- 0.5 teaspoon dijon mustard
- 1.5 pounds flank steak
- 2 cups parsley fresh loosely packed
- 2 cloves garlic smashed
- 0.5 juice of lemon
- 4 servings kosher salt

- 0.3 cup olive oil extra-virgin plus more for the grill
- 4 servings pepper freshly ground
- 3 scallions coarsely chopped
- 2 medium tomatoes

Equipment

- food processor
- bowl
- frying pan
- grill
- grill pan
- cutting board

Directions

- Make the salsa verde: Pulse the parsley, scallions, capers, lemon zest and juice, anchovies, garlic, mustard and olive oil in a food processor until slightly chunky.
- Pour into a bowl and season with salt.
- Preheat a grill to high or place a grill pan over high heat. Pierce the steak all over with a fork and season with salt and pepper. Oil the grill or pan; grill the steak, 4 to 5 minutes per side for medium-rare, turning once.
- Transfer to a cutting board and let rest for 5 minutes.
- Slice the tomatoes and season with salt and pepper. Thinly slice the steak against the grain.
- Serve with the tomatoes and salsa verde.
- Photograph by Antonis Achilleos

Nutrition Facts


PROTEIN 36.65% **FAT 57.66%** **CARBS 5.69%**

Properties

Glycemic Index:49, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:31.484782509182%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 64.65mg, Apigenin: 64.65mg, Apigenin: 64.65mg, Apigenin: 64.65mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 5.88mg, Kaempferol: 5.88mg, Kaempferol: 5.88mg, Kaempferol: 5.88mg Myricetin: 4.56mg, Myricetin: 4.56mg, Myricetin: 4.56mg, Myricetin: 4.56mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 424.14kcal (21.21%), Fat: 27.05g (41.62%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 6g (2%), Net Carbohydrates: 3.81g (1.39%), Sugar: 2.22g (2.46%), Cholesterol: 103.26mg (34.42%), Sodium: 425.64mg (18.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.7g (77.39%), Vitamin K: 529.55µg (504.33%), Selenium: 51.48µg (73.54%), Vitamin C: 52.11mg (63.17%), Vitamin A: 3137.1IU (62.74%), Vitamin B3: 11.72mg (58.61%), Vitamin B6: 1.14mg (56.78%), Zinc: 7.05mg (46.98%), Phosphorus: 386.39mg (38.64%), Iron: 5.06mg (28.12%), Potassium: 938.45mg (26.81%), Vitamin B12: 1.56µg (26%), Vitamin E: 3.75mg (24.99%), Folate: 84.65µg (21.16%), Magnesium: 64.2mg (16.05%), Vitamin B2: 0.26mg (15.14%), Vitamin B5: 1.28mg (12.84%), Vitamin B1: 0.18mg (12.2%), Copper: 0.24mg (11.94%), Manganese: 0.2mg (9.86%), Calcium: 98.37mg (9.84%), Fiber: 2.18g (8.74%)