



Flank Steak with Salsa Verde

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



10

CALORIES



118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 fillet anchovy dried tinned rinsed finely chopped
- ☐ 2 tablespoons capers chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 lb flank steak trimmed
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup olive oil

- ☐ 1 small onion finely chopped
- ☐ 10 servings salt and pepper

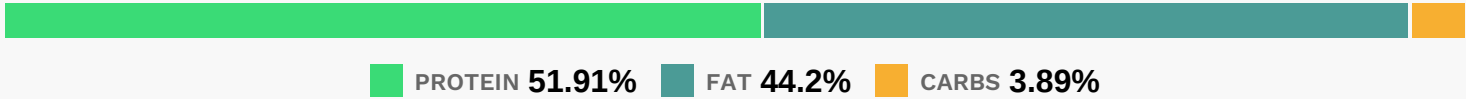
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Preheat a gas grill to medium-high. Lightly score steak; season with salt and pepper.
- ☐ Pulse oil, onion, garlic, capers, parsley, lemon juice, crushed red pepper and anchovy, if desired, in a food processor. Season with salt and pepper.
- ☐ Grill steak 4 to 6 minutes per side for medium-rare.
- ☐ Let stand for 5 minutes.
- ☐ Thinly slice steak against the grain and serve, passing sauce on the side.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:9.746956664583%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 117.89kcal (5.89%), Fat: 5.64g (8.67%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.36g (0.4%), Cholesterol: 41.06mg (13.69%), Sodium: 277.45mg (12.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.79%), Vitamin K: 51.8µg (49.33%), Selenium: 20.33µg

(29.04%), Vitamin B3: 4.36mg (21.8%), Vitamin B6: 0.43mg (21.45%), Zinc: 2.67mg (17.79%), Phosphorus: 142.75mg (14.28%), Vitamin B12: 0.62µg (10.36%), Potassium: 264.29mg (7.55%), Iron: 1.32mg (7.31%), Vitamin C: 5.06mg (6.13%), Vitamin A: 270.18IU (5.4%), Vitamin B2: 0.09mg (5.13%), Vitamin B5: 0.46mg (4.56%), Magnesium: 18.08mg (4.52%), Folate: 15.36µg (3.84%), Vitamin E: 0.57mg (3.8%), Vitamin B1: 0.06mg (3.75%), Copper: 0.07mg (3.27%), Calcium: 22.18mg (2.22%), Manganese: 0.03mg (1.47%), Fiber: 0.3g (1.18%)