



 **55%**
HEALTH SCORE

Flat Iron Steaks with Great Green Sauce and Nutty

READY IN



35 min.

SERVINGS



4

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 fillet anchovies
- 2 beefsteak tomatoes sliced
- 4 servings bell pepper black
- 1 tablespoon butter
- 3 tablespoons capers
- 2 cups chicken stock see
- 24 ounce flat iron steak
- 1 cup flat-leaf parsley

- 2 tablespoons flat-leaf parsley chopped
- 1 tablespoon olive oil extra-virgin
- 4 servings olive oil extra-virgin for drizzling
- 0.3 cup vermicelli pasta thin
- 1 tablespoon red wine vinegar
- 1 cup enriched rice white
- 4 servings salt
- 1 shallots coarsely chopped
- 0.3 cup slivered almonds
- 2 teaspoons worcestershire sauce

Equipment

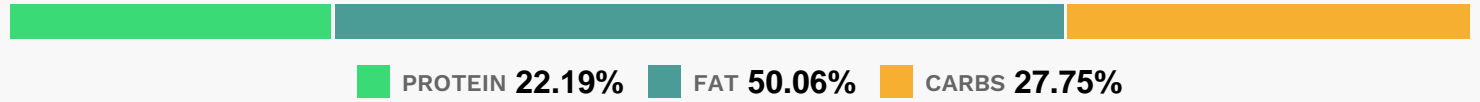
- food processor
- bowl
- frying pan
- sauce pan
- pot

Directions

- Preheat a medium saucepan over medium heat.
- Add oil and butter. When butter melts, toast broken pasta and nuts for 2 to 3 minutes, until lightly golden.
- Add rice and stock, raise heat and bring liquid to a boil. Stir rice, cover pot and reduce heat to simmer. Cook rice 18 minutes, until tender.
- Add parsley and fluff with fork.
- Preheat a griddle pan or large nonstick skillet to medium-high heat. Season steaks with salt and drizzle with a little extra-virgin olive oil. When pan is very hot, add meat and cook steaks 4 minutes on each side, medium rare, up to 6 or 7 minutes on each side, medium well. Medium rare is recommended for this cut of meat, similar to a hanger steak.

- Place parsley, shallot, capers, anchovies in a food processor and grind. Scrape herb mix into a small bowl. Stir in Worcestershire sauce and vinegar and about 1 teaspoon of coarse black pepper, 1/3 palm full.
- To serve, place steaks alongside a serving of rice. Top steaks with 1/4 of the sauce.
- Garnish plate with sliced tomatoes seasoned with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:81.8, Glycemic Load:25.61, Inflammation Score:-10, Nutrition Score:43.901739161947%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Apigenin: 36.64mg, Apigenin: 36.64mg, Apigenin: 36.64mg, Apigenin: 36.64mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg

Nutrients (% of daily need)

Calories: 797.91kcal (39.9%), Fat: 44.23g (68.04%), Saturated Fat: 11.82g (73.89%), Carbohydrates: 55.16g (18.39%), Net Carbohydrates: 50.57g (18.39%), Sugar: 7.78g (8.64%), Cholesterol: 126.99mg (42.33%), Sodium: 747.19mg (32.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.1g (88.21%), Vitamin K: 306.05µg (291.47%), Vitamin B12: 8.63µg (143.88%), Selenium: 65.37µg (93.38%), Zinc: 13.27mg (88.45%), Vitamin A: 2953.76IU (59.08%), Vitamin C: 47.31mg (57.34%), Vitamin B3: 10.91mg (54.55%), Phosphorus: 506.67mg (50.67%), Manganese: 0.98mg (49.11%), Vitamin B6: 0.98mg (48.81%), Iron: 7.1mg (39.47%), Vitamin B2: 0.67mg (39.36%), Vitamin E: 5.85mg (38.99%), Potassium: 1333.81mg (38.11%), Copper: 0.62mg (31.17%), Magnesium: 106.03mg (26.51%), Vitamin B5: 2.42mg (24.19%), Vitamin B1: 0.35mg (23.2%), Folate: 74.19µg (18.55%), Fiber: 4.58g (18.33%), Calcium: 104.71mg (10.47%)