



Garlic-Rubbed Flank Steak with Chimichurri Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 4 servings garlic-rubbed flank steak
- ☐ 0.5 cup flat-leaf parsley leaves fresh packed
- ☐ 1 large garlic clove
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon sugar
- ☐ 1 tablespoon water

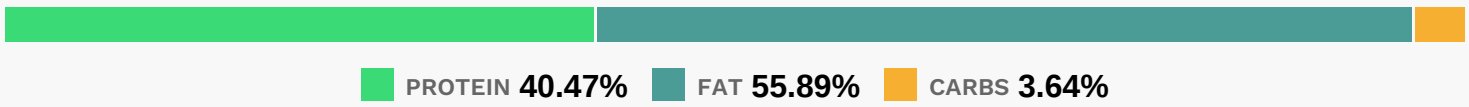
Equipment

- ☐ food processor

Directions

- ☐ Place first 7 ingredients in a food processor; process until finely minced. With processor on, slowly pour oil and 1 tablespoon water through food chute; process until well blended.
- ☐ Serve sauce with Garlic-Rubbed Flank Steak.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:14.957391417545%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 185.93kcal (9.3%), Fat: 11.4g (17.53%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.53g (0.59%), Cholesterol: 51mg (17%), Sodium: 199.43mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.14%), Vitamin K: 128.52µg (122.4%), Selenium: 25.26µg (36.08%), Vitamin B3: 5.44mg (27.19%), Vitamin B6: 0.54mg (26.98%), Zinc: 3.37mg (22.44%), Phosphorus: 179.17mg (17.92%), Vitamin C: 13.12mg (15.91%), Vitamin A: 708.03IU (14.16%), Vitamin B12: 0.77µg (12.89%), Iron: 1.96mg (10.89%), Potassium: 349.35mg (9.98%), Vitamin E: 1.42mg (9.48%), Vitamin B2: 0.11mg (6.46%), Folate: 24.06µg (6.01%), Magnesium: 23.96mg (5.99%), Vitamin B5: 0.58mg (5.82%), Vitamin B1: 0.07mg (4.82%), Copper: 0.08mg (4.05%), Calcium: 32.27mg (3.23%), Manganese: 0.04mg (2.18%), Fiber: 0.39g (1.54%)