



Gaicho-Grilled Steak with Chimichurri Sauce

 **Gluten Free**  **Dairy Free**

READY IN



63 min.

SERVINGS



8

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon peppercorns black crushed
- 1 bunch flat-leaf parsley fresh finely chopped
- 6 garlic cloves minced
- 2 jalapeños minced
- 2 juice of lime juiced
- 1 teaspoon kosher salt
- 8 servings kosher salt and pepper black freshly ground
- 1 cup olive oil

- 8 servings olive oil extra-virgin
- 1 handful oregano fresh finely chopped
- 0.3 cup red wine vinegar
- 4 pounds skirt steak trimmed

Equipment

- bowl
- oven
- whisk
- grill
- broiler
- cutting board

Directions

- Watch how to make this recipe.
- Combine the garlic, jalapeno and vinegar in a bowl. Stir in the parsley, oregano, and lime juice.
- Whisk in the olive oil and season with salt and pepper.
- Mix well and set aside at room temperature to allow the flavors to marry.
- Marinate the steak in olive oil for 30 minutes, turning to coat both sides.
- Preheat an outdoor charcoal grill or oven broiler to high.
- Remove the steak from the oil and season both sides with a generous amount of salt and pepper; you should see the seasoning on the meat. Grill the steaks on the hottest part of the barbecue for 4 minutes per side, until well charred.
- Transfer the steak to a cutting board and let stand for 5 minutes.
- Cut the steak across the grain on the diagonal and fan the slices out on a platter. Spoon some chimichurri over the meat and serve with the remaining sauce at the table.

Nutrition Facts

PROTEIN 37% **FAT 61.07%** **CARBS 1.93%**

Properties

Glycemic Index:20.38, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:31.673913302629%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 530.68kcal (26.53%), Fat: 36.32g (55.87%), Saturated Fat: 8.97g (56.09%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.36g (0.4%), Cholesterol: 142.88mg (47.63%), Sodium: 446.14mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.51g (99.02%), Vitamin K: 134.5µg (128.1%), Zinc: 14.73mg (98.22%), Vitamin B12: 4.83µg (80.51%), Selenium: 50.28µg (71.83%), Vitamin B3: 13.05mg (65.24%), Vitamin B6: 1.04mg (52.08%), Vitamin B2: 0.74mg (43.57%), Phosphorus: 360.61mg (36.06%), Iron: 4.74mg (26.34%), Vitamin E: 3.25mg (21.65%), Potassium: 741.58mg (21.19%), Vitamin C: 16.62mg (20.14%), Manganese: 0.34mg (16.77%), Magnesium: 56.9mg (14.23%), Vitamin B5: 1.39mg (13.88%), Vitamin A: 665.72IU (13.31%), Copper: 0.22mg (10.98%), Vitamin B1: 0.15mg (10.06%), Folate: 19.8µg (4.95%), Calcium: 34.68mg (3.47%), Fiber: 0.63g (2.51%), Vitamin D: 0.23µg (1.51%)