

health-score 80%

HEALTH SCORE

Gaucha Steaks with Chimichurri Vinaigrette

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

80 min.

SERVINGS

servings

4

CALORIES

calories

882 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 cup hoja sante leaves chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 2 teaspoons garlic chopped
- ☐ 20 cloves garlic
- ☐ 8 jalapeño chiles
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoon olive oil extra-virgin

- ☐ 0.1 cup oregano leaves fresh chopped
- ☐ 0.5 teaspoon pepper flakes dried red
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings sea salt and ground pepper fresh
- ☐ 4 servings sea salt and pepper freshly ground
- ☐ 48 ounce steaks

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ grill
- ☐ broiler
- ☐ stove
- ☐ tongs

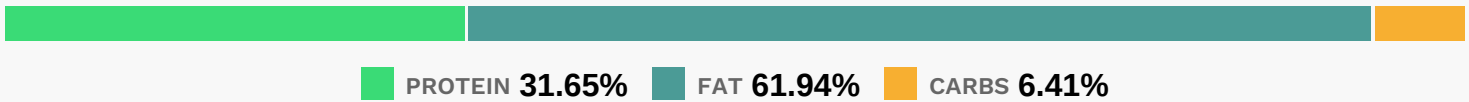
Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the olive oil, vinegar, garlic, red pepper flakes, cilantro, hoja sante if using, oregano and salt and pepper to taste.
- ☐ Add the parsley just before serving. Makes about 3/4 cup.
- ☐ For the steaks: Using tongs, roast the chiles over a stove top flame, rotating so the chiles blacken evenly on all sides, 3 to 5 minutes. (Alternatively, place on a pan under the broiler and broil a few minutes each side until blackened.)
- ☐ Place the chiles in a bowl and cover with plastic wrap.
- ☐ Let stand for 10 minutes. When cool enough to handle, peel the charred skin. Stem and seed the chiles and slice into thin strips. Set aside.
- ☐ In the olive oil, slowly cook the garlic in a saucepan over medium heat, stirring occasionally, until the cloves are fragrant and have softened, about 10 minutes. When cool, cut into thin

slices, or you can also leave whole.

- ☐ Lay the steaks flat on a work surface. Make 3 incisions in each steak parallel to the work surface to create pockets. Stuff each with roasted chiles and garlic.
- ☐ Sprinkle generously with salt and pepper.
- ☐ Grill the steaks over medium-high heat to the desired doneness, about 5 minutes on each side.
- ☐ Serve with the chimichurri vinaigrette.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:44.63043459602%

Flavonoids

Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 882.24kcal (44.11%), Fat: 61.44g (94.53%), Saturated Fat: 23.35g (145.96%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 10.35g (3.76%), Sugar: 1.44g (1.6%), Cholesterol: 207.52mg (69.17%), Sodium: 578.46mg (25.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.63g (141.26%), Selenium: 85.8µg (122.58%), Zinc: 18.06mg (120.4%), Vitamin B12: 5.65µg (94.12%), Vitamin B6: 1.83mg (91.71%), Vitamin K: 93.25µg (88.81%), Vitamin B3: 17.44mg (87.2%), Iron: 10.37mg (57.62%), Vitamin C: 47.25mg (57.28%), Phosphorus: 537.74mg (53.77%), Vitamin B2: 0.9mg (52.83%), Manganese: 1.01mg (50.28%), Potassium: 1143.96mg (32.68%), Vitamin A: 1317.15IU (26.34%), Magnesium: 95.89mg (23.97%), Vitamin B1: 0.35mg (23.44%), Vitamin E: 3.23mg (21.55%), Copper: 0.38mg (19.03%), Fiber: 3.96g (15.84%), Calcium: 150.81mg (15.08%), Folate: 41.72µg (10.43%), Vitamin D: 0.34µg (2.27%), Vitamin B5: 0.23mg (2.25%)