



Grilled Flank Steak with Chimichurri



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 teaspoon basil dried
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons oregano dried
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt

- ☐ 1.5 pound skirt steak trimmed
- ☐ 1.5 cups chimichurri
- ☐ 1.5 cups chimichurri

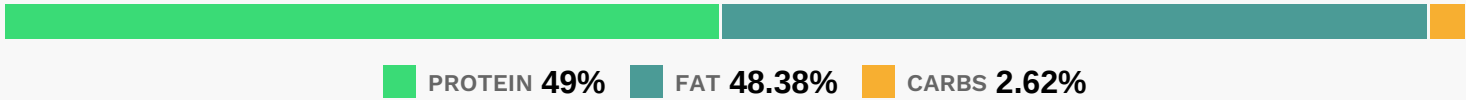
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 8 ingredients in a small bowl; rub steak with spice mixture. Marinate in refrigerator 30 minutes.
- ☐ Place steak on grill rack coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness.
- ☐ Serve with Chimichurri.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:13.625651873972%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.07kcal (10%), Fat: 10.87g (16.73%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.1g (0.11%), Cholesterol: 71.44mg (23.81%), Sodium: 274.87mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.55%), Zinc: 7.38mg (49.17%), Vitamin B12: 2.42µg (40.26%), Selenium: 25.22µg (36.03%), Vitamin B3: 6.56mg (32.78%), Vitamin B6: 0.53mg (26.47%), Vitamin B2: 0.38mg (22.18%), Phosphorus: 179.92mg (17.99%), Iron: 2.57mg (14.26%), Vitamin K: 11.02µg (10.49%), Potassium: 364.29mg (10.41%), Manganese: 0.19mg (9.66%), Magnesium: 29.56mg (7.39%), Vitamin B5: 0.68mg (6.85%), Vitamin A: 285.67IU (5.71%), Copper: 0.11mg (5.65%), Vitamin E: 0.82mg (5.44%), Vitamin B1: 0.07mg (4.9%),

Calcium: 25.74mg (2.57%), Fiber: 0.64g (2.57%), Folate: 5.81µg (1.45%)