



Grilled Flat Iron Steak with Chimichurri and Fingerling Potatoes



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon coarse salt
- ☐ 4 servings coarse salt and pepper black
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.8 pound fingerling potatoes
- ☐ 1.5 pound flat iron steak (or top blade)
- ☐ 4 garlic cloves minced

- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 1 cup parsley fresh italian packed finely chopped
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 tablespoon red wine vinegar

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ grill
- ☐ cutting board
- ☐ panini press

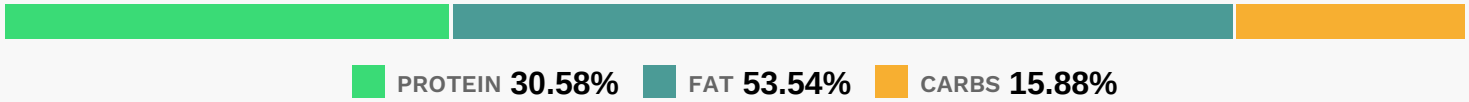
Directions

- ☐ Mix all of the chimichurri sauce ingredients together in a medium non-reactive bowl and set it aside.
- ☐ Place the clean fingerling potatoes in a large pot. Fill the pot with enough water to cover the potatoes.
- ☐ Add the salt and bring the water to a boil. Allow the potatoes to continue cooking for 10 minutes, drain and set aside.
- ☐ Heat the panini maker to high heat. While the potatoes are cooking, pat the steak dry with paper towels and season both sides generously with salt and pepper.
- ☐ Place the steak on the grill and close the lid. Grill the steak until your desired doneness, 137°F for medium rare (9 to 11 minutes).
- ☐ Let the steak rest on a clean cutting board for 10 minutes before slicing. Carefully scrape off any residual steak bits with a grill scraper. Keep the panini press on. Halve the cooked potatoes lengthwise and toss them with the olive oil in a medium bowl. Arrange the potatoes on the panini press, cut side down. Close the lid so that the upper plate is touching the potatoes without pressing down on them. Grill the potatoes until dark grill marks appear,

about 4 minutes.

☐ Serve the steak and potatoes with the chimichurri sauce.

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:11.33, Inflammation Score:-9, Nutrition Score:33.420869661414%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 458.92kcal (22.95%), Fat: 27.09g (41.67%), Saturated Fat: 8.01g (50.06%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 15.03g (5.46%), Sugar: 0.98g (1.08%), Cholesterol: 112.26mg (37.42%), Sodium: 2080.69mg (90.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.81g (69.63%), Vitamin K: 262.15µg (249.67%), Vitamin B12: 8.59µg (143.17%), Zinc: 12.19mg (81.29%), Selenium: 51.48µg (73.55%), Vitamin C: 39.14mg (47.44%), Vitamin B6: 0.95mg (47.44%), Phosphorus: 377.77mg (37.78%), Vitamin B3: 7.01mg (35.04%), Iron: 6.24mg (34.66%), Potassium: 1004.45mg (28.7%), Vitamin A: 1324.8IU (26.5%), Vitamin B2: 0.44mg (25.88%), Vitamin B5: 1.97mg (19.68%), Vitamin B1: 0.26mg (17.26%), Copper: 0.34mg (16.94%), Magnesium: 67.73mg (16.93%), Manganese: 0.32mg (15.96%), Vitamin E: 1.98mg (13.18%), Fiber: 3.05g (12.19%), Folate: 45.37µg (11.34%), Calcium: 69.21mg (6.92%)