



## Grilled Flat Iron Steak with Chimichurri Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter ()
- 3 pound flat iron steak
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 3 tablespoons thyme sprigs fresh
- 0.5 cup garlic clove peeled ( 15)
- 1 cup olive oil extra virgin extra-virgin
- 0.3 cup oregano fresh

- 3 cups fries cold drained
- 0.3 cup sherry vinegar

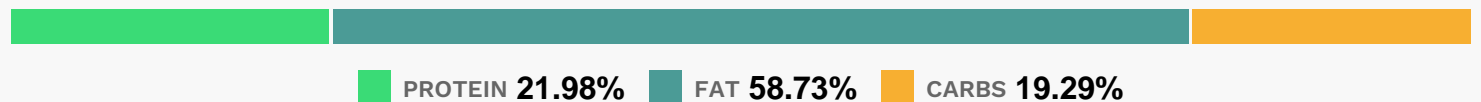
## Equipment

- frying pan
- sauce pan
- grill
- aluminum foil

## Directions

- Finely chop first 7 ingredients in processor. Set sauce aside.
- Cook butter in small heavy saucepan over medium-high heat until brown, about 2 minutes.
- Add sauce; stir 1 minute. Season with salt and pepper.
- Prepare barbecue (medium-high heat).
- Sprinkle steaks with salt and pepper.
- Place soaked wood chips in foil pan.
- Place foil pan directly atop coals on barbecue. When chips begin to smoke, place steaks on grill rack directly over chips and cook to desired doneness, about 4 minutes per side for medium-rare.
- Remove steaks from grill; let stand 5 minutes. Thinly slice steaks across grain.
- Serve with chimichurri sauce.

## Nutrition Facts



## Properties

Glycemic Index:32.29, Glycemic Load:15.6, Inflammation Score:-10, Nutrition Score:29.923478665559%

## Flavonoids

Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 650.62kcal (32.53%), Fat: 42.48g (65.35%), Saturated Fat: 15.18g (94.87%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 26.15g (9.51%), Sugar: 0.17g (0.19%), Cholesterol: 127.52mg (42.51%), Sodium: 610.46mg (26.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.53%), Vitamin B12: 8.6µg (143.37%), Zinc: 12.21mg (81.43%), Selenium: 52.48µg (74.98%), Vitamin B6: 0.92mg (46.09%), Vitamin K: 46.54µg (44.32%), Phosphorus: 403.13mg (40.31%), Vitamin B3: 8.02mg (40.08%), Iron: 6.54mg (36.34%), Potassium: 994.7mg (28.42%), Vitamin B2: 0.45mg (26.37%), Manganese: 0.5mg (25.02%), Vitamin B5: 2.19mg (21.92%), Fiber: 5.25g (21.01%), Vitamin C: 15.16mg (18.37%), Vitamin B1: 0.26mg (17.15%), Magnesium: 63.67mg (15.92%), Copper: 0.29mg (14.26%), Vitamin A: 519.96IU (10.4%), Vitamin E: 1.54mg (10.26%), Folate: 32.99µg (8.25%), Calcium: 73.44mg (7.34%)