



Grilled Flat Iron Steak with Chimichurri Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

☐ 0.3 cup sherry wine vinegar

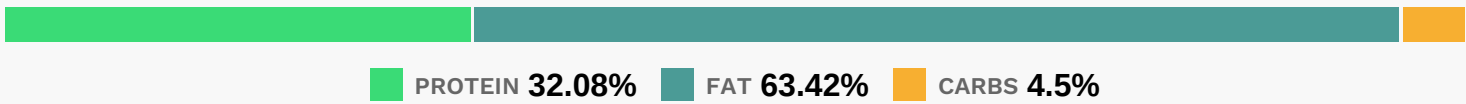
Equipment

- ☐ 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:24.25, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:25.600434676461%

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: 419.94kcal (21%), Fat: 29.22g (44.95%), Saturated Fat: 11.15g (69.67%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.4g (1.24%), Sugar: 0.17g (0.19%), Cholesterol: 127.52mg (42.51%), Sodium: 175.73mg (7.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.51%), Vitamin B12: 8.6µg (143.37%), Zinc: 11.92mg (79.47%), Selenium: 52.04µg (74.34%), Vitamin K: 46.54µg (44.32%), Vitamin B6: 0.76mg (38.11%), Phosphorus: 334.81mg (33.48%), Vitamin B3: 6.03mg (30.14%), Iron: 5.37mg (29.84%), Vitamin B2: 0.42mg (24.75%), Potassium: 613.2mg (17.52%), Vitamin B5: 1.71mg (17.13%), Manganese: 0.3mg (14.95%), Copper: 0.26mg (12.84%), Vitamin B1: 0.19mg (12.77%), Magnesium: 47.7mg (11.93%), Vitamin C: 9.57mg (11.6%), Vitamin A: 519.96IU (10.4%), Vitamin E: 1.54mg (10.26%), Calcium: 65.45mg (6.55%), Fiber: 1.26g (5.04%), Folate: 13.47µg (3.37%)