



## Grilled Flat Iron Steak with Pistachio Pesto Butter

 Gluten Free

READY IN



48 min.

SERVINGS



4

CALORIES



1073 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup asiago cheese
- 1 cup basil leaves packed
- 2 sticks butter room temperature
- 32 ounce flat iron steaks
- 4 cloves garlic
- 1 pinch coarse ground pepper black
- 1 teaspoon kosher salt

- 1 Dash juice of lemon fresh
- 3 tablespoons olive oil extra-virgin
- 4 servings olive oil
- 2 tablespoons pistachios
- 1 pinch pepper flakes red
- 4 servings salt and pepper black freshly ground

## Equipment

- food processor
- baking paper
- grill
- spatula

## Directions

- In a food processor add, butter basil, garlic, salt and pepper. Pulse a few times until well combined.
- Add lemon juice and drizzle oil. Pulse again.
- Add cheese, pistachios and red pepper flakes.
- Remove from processor with a rubber spatula onto a sheet of parchment paper and shape into a log.
- Place in the refrigerator and allow to set for at least 30 minutes.
- Preheat grill to medium.
- Drizzle the steaks with olive oil. Put on the grill, and while cooking season with sea salt and black pepper, to taste. Cook for 3 to 4 minutes, then flip and season with salt and pepper, to taste. Grill for another 3 to 4 minutes.
- Remove from the grill to a platter and allow to rest for a few minutes. Slice disks of butter, put on steaks while still hot and serve.

## Nutrition Facts



PROTEIN 17.45% FAT 81.61% CARBS 0.94%

## Properties

Glycemic Index:64.75, Glycemic Load:0.53, Inflammation Score:-8, Nutrition Score:32.536956422355%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 1072.71kcal (53.64%), Fat: 97.56g (150.09%), Saturated Fat: 42.61g (266.32%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.43g (0.48%), Cholesterol: 275.41mg (91.8%), Sodium: 1214.33mg (52.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.94g (93.88%), Vitamin B12: 11.62µg (193.74%), Zinc: 16mg (106.64%), Selenium: 70.28µg (100.39%), Phosphorus: 500.86mg (50.09%), Vitamin B6: 0.96mg (47.89%), Vitamin K: 45.35µg (43.19%), Vitamin B3: 7.93mg (39.63%), Vitamin A: 1801.19IU (36.02%), Vitamin E: 5.39mg (35.91%), Vitamin B2: 0.57mg (33.48%), Iron: 5.96mg (33.12%), Vitamin B5: 2.3mg (23.02%), Potassium: 791.05mg (22.6%), Vitamin B1: 0.27mg (18.05%), Copper: 0.36mg (17.76%), Magnesium: 60.92mg (15.23%), Calcium: 122.41mg (12.24%), Manganese: 0.22mg (10.97%), Folate: 15.1µg (3.77%), Vitamin C: 2.32mg (2.82%), Fiber: 0.59g (2.35%)