



Grilled Rib Eye Steak with Mango Chimichurri

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

1

CALORIES

calories

744 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving canola oil
- ☐ 1 cup flat-leaf parsley leaves fresh
- ☐ 1 cup cilantro leaves fresh
- ☐ 0.5 cup mint leaves fresh
- ☐ 4 cloves garlic roughly chopped
- ☐ 2 tablespoons honey
- ☐ 1 serving kosher salt and pepper black freshly ground
- ☐ 1 serving kosher salt and cracked pepper fresh black

- ☐ 1 mangos diced ripe finely
- ☐ 0.8 cup olive oil plus more if needed
- ☐ 2 teaspoons paprika
- ☐ 0.3 cup red wine vinegar plus more if needed

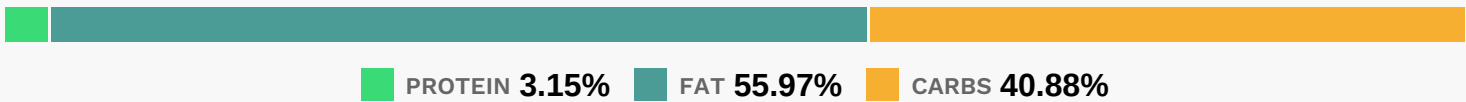
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Remove the steaks from the refrigerator 20 minutes before cooking.
- ☐ Preheat the grill to high.
- ☐ For the mango chimichurri: Pulse the cilantro, parsley, mint and garlic in a food processor until coarsely chopped.
- ☐ Add in the oil, vinegar, honey and paprika, and salt and pepper, to taste. Continue pulsing to make a soupy vinaigrette (it will look a bit creamy until it settles), pouring in more oil and/or vinegar if too thick.
- ☐ Transfer the chimichurri to a glass bowl and fold in the diced mango. Set aside.
- ☐ Brush the steak with oil and sprinkle with salt and pepper on both sides. Grill until golden brown and slightly charred, 4 to 5 minutes. Flip the steaks and continue grilling 5 to 6 minutes longer.
- ☐ Remove from the grill and let rest 5 minutes.
- ☐ Top each steak with a large dollop of the Mango Chimichurri and serve.

Nutrition Facts



Properties

Glycemic Index:245.02, Glycemic Load:34.27, Inflammation Score:-10, Nutrition Score:33.191739103068%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Apigenin: 130.66mg, Apigenin: 130.66mg, Apigenin: 130.66mg, Apigenin: 130.66mg Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 9.22mg, Myricetin: 9.22mg, Myricetin: 9.22mg, Myricetin: 9.22mg Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

Nutrients (% of daily need)

Calories: 743.85kcal (37.19%), Fat: 48.53g (74.67%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 79.75g (26.58%), Net Carbohydrates: 70.45g (25.62%), Sugar: 64.02g (71.14%), Cholesterol: 0mg (0%), Sodium: 255.68mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Vitamin K: 1075.36µg (1024.15%), Vitamin A: 11301.41IU (226.03%), Vitamin C: 170.91mg (207.17%), Vitamin E: 11mg (73.35%), Folate: 218.96µg (54.74%), Manganese: 0.9mg (44.89%), Iron: 7.17mg (39.81%), Fiber: 9.3g (37.19%), Potassium: 1077.7mg (30.79%), Vitamin B6: 0.6mg (29.9%), Copper: 0.52mg (25.81%), Magnesium: 86.39mg (21.6%), Calcium: 208.84mg (20.88%), Vitamin B2: 0.3mg (17.75%), Vitamin B3: 3.27mg (16.35%), Phosphorus: 125.42mg (12.54%), Vitamin B1: 0.18mg (11.74%), Zinc: 1.58mg (10.55%), Vitamin B5: 1.02mg (10.17%), Selenium: 3.74µg (5.35%)