



 100%  
HEALTH SCORE

## Grilled Steak Sandwiches with Chimichurri and Bell Peppers

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1104 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 crusty baguette halved
- 1 cup cilantro leaves fresh packed ()
- 2 garlic clove peeled
- 0.7 cup olive oil
- 2 tablespoons oregano fresh chopped
- 1 cup parsley fresh italian packed ()
- 0.5 teaspoon pepper dried red crushed

- 24 ounce beef rib steak
- 3 tablespoons citrus champagne vinegar
- 2 large bell pepper red yellow cut into 3/4-inch-wide strips (preferably 1 and 1)

## Equipment

- oven
- grill

## Directions

- Prepare barbecue (medium-high heat).
- Combine first 6 ingredients in processor; add 2/3 cup oil and puree until almost smooth. Season chimichurri with salt and pepper.
- Brush pepper strips, steaks, and cut side of bread with remaining 1/4 cup oil.
- Sprinkle peppers and steaks with salt and pepper. Grill peppers until tender, about 5 minutes per side. Grill steaks to desired doneness, about 4 minutes per side for medium-rare. Grill bread, cut side down, until beginning to brown lightly, about 2 minutes. Thinly slice steaks crosswise; divide among bread bottoms. Spoon chimichurri over steak (about 1/4 cup per sandwich), then top with pepper strips. Cover with bread tops and serve.
- Toss any remaining chimichurri sauce with potato wedges and roast in 400°F oven until just tender, about 40 minutes.

## Nutrition Facts



**PROTEIN 21.68%** **FAT 31.57%** **CARBS 46.75%**

## Properties

Glycemic Index:50.69, Glycemic Load:83.87, Inflammation Score:-10, Nutrition Score:57.912174468455%

## Flavonoids

Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 1104.29kcal (55.21%), Fat: 38.61g (59.4%), Saturated Fat: 13.17g (82.3%), Carbohydrates: 128.66g (42.89%), Net Carbohydrates: 119.9g (43.6%), Sugar: 15.47g (17.19%), Cholesterol: 103.76mg (34.59%), Sodium: 1652.99mg (71.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.65g (119.3%), Vitamin K: 292.64µg (278.7%), Vitamin C: 126.57mg (153.42%), Selenium: 85.01µg (121.45%), Vitamin B1: 1.67mg (111.51%), Vitamin B3: 20.88mg (104.39%), Folate: 341.64µg (85.41%), Vitamin A: 4243.24IU (84.86%), Iron: 13.98mg (77.69%), Vitamin B2: 1.32mg (77.48%), Zinc: 11.19mg (74.57%), Manganese: 1.45mg (72.61%), Vitamin B6: 1.25mg (62.34%), Phosphorus: 522.02mg (52.2%), Vitamin B12: 2.82µg (47.06%), Fiber: 8.76g (35.04%), Calcium: 347.74mg (34.77%), Magnesium: 127.05mg (31.76%), Potassium: 1089.67mg (31.13%), Vitamin E: 3.82mg (25.49%), Copper: 0.5mg (25.22%), Vitamin B5: 1.32mg (13.22%), Vitamin D: 0.17µg (1.13%)