



Grilled Steak with Fresh Garden Herbs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 0.8 cup herbs fresh assorted chopped (such as parsley, tarragon, mint, basil, and cilantro)
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil plus additional extra-virgin for brushing
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 cup shallots minced (2)
- ☐ 32 ounce skirt steaks

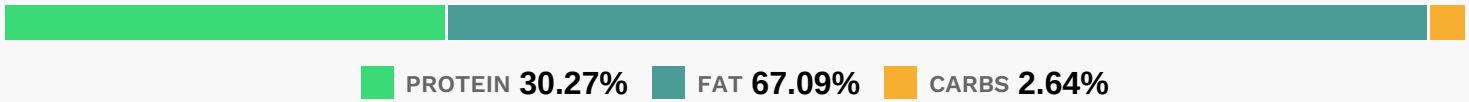
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk first 4 ingredients in medium bowl. Gradually whisk in 1/4 cup olive oil, then herbs.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Sprinkle steaks generously with salt and pepper; brush lightly with olive oil. Grill steaks until charred and cooked to desired doneness, about 6 minutes per side for medium-rare rib-eye or 3 minutes per side for medium-rare skirt steak.
- ☐ Transfer steaks to platter; let rest 5 minutes. Spoon herb mixture over steaks; serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:28.769565084706%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 609.72kcal (30.49%), Fat: 45.74g (70.37%), Saturated Fat: 16.15g (100.96%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.12g (1.13%), Sugar: 1.56g (1.73%), Cholesterol: 138.35mg (46.12%), Sodium: 140.44mg (6.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.43g (92.86%), Vitamin K: 196.17µg (186.82%), Selenium: 55.96µg (79.95%), Zinc: 11.83mg (78.86%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.3mg (56.49%), Vitamin B6: 0.97mg (48.6%), Phosphorus: 344.53mg (34.45%), Vitamin B2: 0.56mg (32.86%), Iron: 4.9mg (27.21%), Vitamin C: 20.52mg (24.88%), Potassium: 734.59mg (20.99%), Vitamin A: 983.87IU (19.68%), Vitamin B1: 0.22mg (14.88%), Magnesium: 57.78mg (14.45%), Vitamin E: 2.06mg (13.7%), Copper: 0.21mg (10.49%), Folate: 31.27µg (7.82%), Calcium: 38.69mg (3.87%), Fiber: 0.93g (3.73%), Manganese: 0.07mg (3.47%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.11mg (1.06%)