



Grilled Steak with Green Beans, Tomatoes and Chimichurri Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup herbs fresh such as parsley, mint and cilantro
- 0.5 small garlic clove
- 1 pint grape tomatoes halved
- 0.8 pound green beans trimmed
- 4 servings kosher salt and pepper black freshly ground
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- 1 tablespoon olive oil extra-virgin

- 1 tablespoon olive oil plus more for grill grates
- 1 tablespoon red-wine vinegar
- 2 strip steaks trimmed halved ()
- 1 tablespoon water

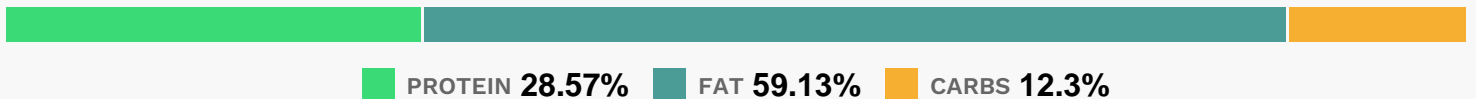
Equipment

- food processor
- grill
- aluminum foil
- cutting board

Directions

- Place a double layered piece of heavy-duty foil on a tray or cutting board; fold and gather edge to form a rim. Toss the green beans and tomatoes on foil with 1 tablespoon olive oil; season with salt and pepper.
- Preheat a grill to medium. Lightly oil the grill grates and season the steak with salt and pepper. Slide the foil tray onto the grill; cook, tossing occasionally, until the beans char slightly and cook through, about 15 minutes.
- Meanwhile, add the steaks to the grill; cook until desired doneness, about 5 minutes per side for medium-rare.
- Remove steaks to cutting board to rest 5 minutes. Slice, and serve steak and the vegetables with the Chimichurri Sauce.
- Combine the garlic, vinegar, herbs, olive oil and water in small food processor; pulse until herbs are coarsely chopped. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:24.149999929511%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 347.45kcal (17.37%), Fat: 23.44g (36.06%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 7.09g (2.58%), Sugar: 5.92g (6.58%), Cholesterol: 68.93mg (22.98%), Sodium: 266.38mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Vitamin K: 113.5µg (108.09%), Zinc: 6.25mg (41.67%), Selenium: 28.14µg (40.21%), Vitamin C: 31.71mg (38.43%), Vitamin A: 1905.65IU (38.11%), Vitamin B3: 6.91mg (34.56%), Vitamin B6: 0.67mg (33.69%), Vitamin B12: 1.88µg (31.26%), Vitamin B2: 0.39mg (22.66%), Phosphorus: 226.64mg (22.66%), Potassium: 787.83mg (22.51%), Iron: 3.45mg (19.14%), Manganese: 0.35mg (17.29%), Fiber: 3.87g (15.49%), Magnesium: 60.34mg (15.08%), Vitamin B1: 0.22mg (14.47%), Folate: 54.93µg (13.73%), Vitamin E: 2.03mg (13.5%), Copper: 0.23mg (11.29%), Calcium: 58.03mg (5.8%), Vitamin B5: 0.32mg (3.15%)