



## Grilled Steak with Roasted Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 7 cloves garlic crushed sliced
- 0.5 cup olive oil
- 5 sprigs parsley
- 1.5 pounds potatoes - remove skin red quartered
- 4 servings salt and pepper
- 2 pounds skirt steak

### Equipment

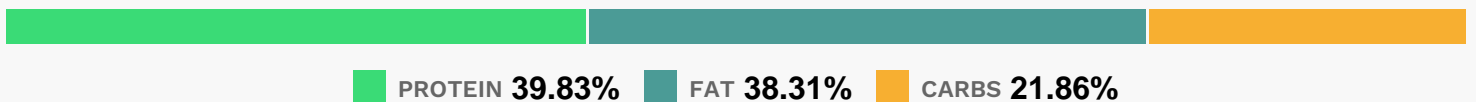
- bowl

- baking sheet
- oven
- aluminum foil
- ziploc bags
- spatula
- grill pan

## Directions

- Place steak, 6 Tbsp. olive oil, sliced garlic and parsley in a resealable plastic bag, and rub ingredients into steak.
- Let marinate 1 hour at room temperature or overnight in refrigerator.
- Preheat oven to 450F. In a large bowl, toss potatoes with remaining 2 Tbsp. olive oil and crushed garlic; season with salt and pepper.
- Spread potatoes on an oiled baking sheet and roast until golden brown and crisp, about 20 minutes, turning occasionally with a metal spatula.
- Remove steak from marinade, rubbing off any garlic pieces. Season with salt and pepper.
- Heat a grill pan over medium-high heat. When hot, brush with oil, add steak and cook for about 7 minutes. Turn and cook for 7 minutes on other side for medium-rare.
- Transfer steak to a plate, tent with foil to keep warm and let rest for 10 minutes.
- Thinly slice steak and serve with potatoes and a green vegetable.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:32.909130386684%

## Flavonoids

Apigenin: 2.72mg, Apigenin: 2.72mg, Apigenin: 2.72mg, Apigenin: 2.72mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 522.07kcal (26.1%), Fat: 22.48g (34.58%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 25.82g (9.39%), Sugar: 2.26g (2.51%), Cholesterol: 142.88mg (47.63%), Sodium: 375.79mg (16.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.6g (105.19%), Zinc: 15.24mg (101.61%), Vitamin B12: 4.83µg (80.51%), Vitamin B3: 14.88mg (74.39%), Selenium: 51.49µg (73.56%), Vitamin B6: 1.34mg (67.1%), Vitamin B2: 0.79mg (46.2%), Phosphorus: 461.78mg (46.18%), Potassium: 1464.26mg (41.84%), Vitamin K: 32.17µg (30.64%), Iron: 5.43mg (30.18%), Manganese: 0.52mg (25.92%), Magnesium: 89.26mg (22.31%), Vitamin C: 17.93mg (21.73%), Copper: 0.43mg (21.69%), Vitamin B1: 0.29mg (19.03%), Vitamin B5: 1.83mg (18.26%), Fiber: 3.04g (12.17%), Folate: 39.48µg (9.87%), Vitamin E: 1.03mg (6.9%), Calcium: 42.02mg (4.2%), Vitamin A: 135.82IU (2.72%), Vitamin D: 0.23µg (1.51%)