



## Grilled Tenderloin Steaks with Chimichurri Sauce

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce beef tenderloin steaks trimmed ()
- 0.3 teaspoon pepper black
- 0.5 teaspoon pepper black
- 0.5 teaspoon pepper red crushed
- 1 cup flat-leaf parsley leaves fresh
- 0.3 cup cilantro leaves fresh
- 2 garlic cloves peeled halved

- 0.3 teaspoon ground cumin
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.3 cup citrus champagne vinegar

## Equipment

- food processor
- bowl
- grill

## Directions

- Place first 8 ingredients in a food processor; process until smooth. With processor on, slowly pour olive oil through food chute; process until well blended.
- Pour chimichurri sauce into a small bowl; set aside.
- . Prepare grill.
- Sprinkle steaks with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Place steaks on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.
- Serve steaks with chimichurri sauce.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:19.960434789243%

## Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.6mg, Quercetin:

0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 243.47kcal (12.17%), Fat: 13.93g (21.43%), Saturated Fat: 3.49g (21.78%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.17g (0.19%), Cholesterol: 72.57mg (24.19%), Sodium: 513.63mg (22.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.36%), Vitamin K: 255.59µg (243.41%), Selenium: 34.9µg (49.86%), Vitamin B3: 7.52mg (37.62%), Vitamin B6: 0.75mg (37.29%), Zinc: 4.71mg (31.42%), Vitamin A: 1408.98IU (28.18%), Vitamin C: 20.8mg (25.21%), Phosphorus: 252.04mg (25.2%), Vitamin B12: 1.05µg (17.58%), Iron: 3.08mg (17.13%), Potassium: 515.78mg (14.74%), Vitamin E: 1.6mg (10.68%), Folate: 38.35µg (9.59%), Vitamin B2: 0.16mg (9.13%), Magnesium: 36.5mg (9.12%), Vitamin B5: 0.82mg (8.17%), Vitamin B1: 0.1mg (6.82%), Manganese: 0.13mg (6.62%), Copper: 0.13mg (6.31%), Calcium: 54.22mg (5.42%), Fiber: 0.75g (3%)