



Lemon Basil Pesto Flat Iron Steak

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 36 ounce flat iron steaks
- 2 cups basil leaves fresh packed
- 2 large cloves garlic minced
- 1.5 tablespoons juice of lemon fresh
- 0.5 cup olive oil extra-virgin
- 0.5 cup parmesan cheese freshly grated
- 0.3 cup pinenuts
- 0.8 teaspoon pepper flakes red

6 servings salt and pepper to taste

Equipment

food processor

grill

Directions

Chop 4 garlic cloves in a food processor until minced.

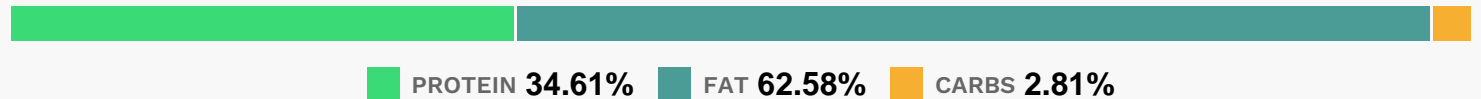
Add the basil and pine nuts, and pulse a few times to combine. With the food processor running, slowly pour in the olive oil, stopping once or twice to scrape down the sides.

Place the Parmesan cheese, lemon juice, and red pepper flakes into the food processor, and pulse until blended. Season to taste with salt and pepper.

Rub the flat iron steaks with 2 cloves minced garlic, season to taste with salt and pepper, then set aside. Preheat an outdoor grill for medium-high heat and lightly oil grate.

Grill the steaks to desired degree of doneness on preheated grill, about 4 minutes per side for medium. Baste the steaks occasionally with a little of the pesto sauce. Once done, serve topped with the remaining pesto.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:27.142173892778%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 421.61kcal (21.08%), Fat: 29.06g (44.71%), Saturated Fat: 8.88g (55.49%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.42g (0.47%), Cholesterol: 119.51mg (39.84%), Sodium: 470.34mg

(20.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.32%), Vitamin B12: 8.7µg (145.04%), Zinc: 12.64mg (84.25%), Selenium: 53.88µg (76.97%), Phosphorus: 416mg (41.6%), Manganese: 0.81mg (40.41%), Vitamin K: 40.85µg (38.91%), Vitamin B6: 0.67mg (33.75%), Vitamin B3: 6.26mg (31.32%), Iron: 4.81mg (26.7%), Vitamin B2: 0.44mg (26%), Potassium: 622.13mg (17.78%), Copper: 0.34mg (17.09%), Vitamin B5: 1.7mg (17%), Magnesium: 63.43mg (15.86%), Vitamin B1: 0.2mg (13.61%), Vitamin E: 1.72mg (11.44%), Vitamin A: 570.7IU (11.41%), Calcium: 102.25mg (10.22%), Vitamin C: 3.27mg (3.96%), Folate: 14.44µg (3.61%), Fiber: 0.52g (2.1%)