



Marinated Steak with Chimichurri Sauce

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 lb beef flank steak
- 1 cup a.1. garlic & herb marinade
- 0.3 cup olive oil
- 1 tsp oregano leaves dried
- 2 cups parsley sprigs fresh
- 2 Tbsp heinz red wine vinegar

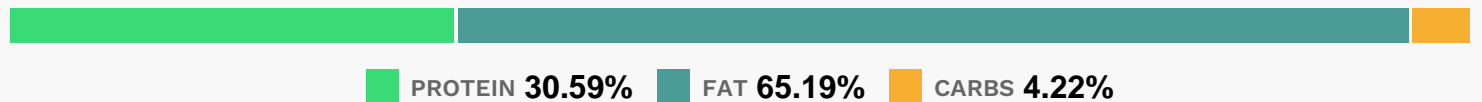
Equipment

- bowl
- blender
- broiler
- broiler pan

Directions

- Pour marinade over steak in shallow dish; turn to coat both sides of steak. Refrigerate 30 min. to marinate. Meanwhile, blend remaining ingredients in blender until smooth.
- Pour into bowl; refrigerate until ready to serve.
- Heat broiler.
- Remove steak from marinade; discard marinade.
- Place steak on rack of broiler pan sprayed with cooking spray.
- Broil, 4 inches from heat, 10 min. or until steak is medium doneness, turning after 5 min. Diagonally cut steak across the grain into thin slices.
- Serve with the parsley mixture.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:18.988695787347%

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: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 339.92kcal (17%), Fat: 24.62g (37.88%), Saturated Fat: 9.15g (57.16%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.14g (0.15%), Cholesterol: 98.75mg (32.92%), Sodium: 222.57mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26g (52%), Vitamin K: 254.18µg (242.07%), Selenium: 33.48µg (47.83%), Vitamin B3: 7.27mg (36.34%), Vitamin B6: 0.7mg (35.11%), Zinc: 4.51mg (30.08%), Vitamin A: 1268.2IU (25.36%), Vitamin C: 19.98mg (24.22%), Phosphorus: 238.41mg (23.84%), Vitamin B12: 1.03µg (17.2%), Iron: 2.83mg

(15.73%), Potassium: 474.23mg (13.55%), Vitamin E: 1.78mg (11.86%), Folate: 38.1µg (9.52%), Vitamin B2: 0.15mg (8.61%), Magnesium: 33.22mg (8.3%), Vitamin B5: 0.78mg (7.76%), Vitamin B1: 0.09mg (6.33%), Copper: 0.11mg (5.35%), Calcium: 48.52mg (4.85%), Manganese: 0.05mg (2.52%), Fiber: 0.59g (2.38%)