



HEALTH SCORE

65%

Pan-Grilled Flank Steak with Chermoula



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1.5 pound flank steak trimmed
- ☐ 1 cup cilantro leaves fresh
- ☐ 1 cup parsley leaves fresh
- ☐ 2 garlic cloves peeled
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons less-sodium beef broth
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon paprika
- ☐ 0.3 teaspoon salt

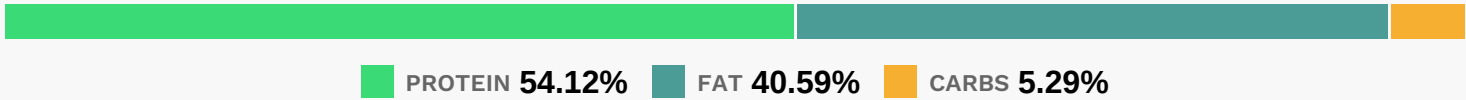
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ To prepare sauce, place the first 11 ingredients in a food processor; process until finely chopped, scraping sides of bowl occasionally.
- ☐ To prepare steak, sprinkle steak with 1/4 teaspoon salt and black pepper.
- ☐ Heat a cast-iron grill pan over high heat. Coat pan with cooking spray. Cook steak 4 minutes; turn and look for red beads forming on the surface to indicate the steak is approaching medium rare. Cook 4 minutes or until desired degree of doneness.
- ☐ Let rest 5 minutes.
- ☐ Cut steak diagonally across the grain into thin slices.
- ☐ Serve with sauce.
- ☐ Wine Note: As far as wine is concerned, flank steak is a pretty easygoing partner--many red wines would work well--but the chermoula is a different story. Garlic, lime, paprika, cumin, cilantro, and coriander are all dominant seasonings that make this dish sizzle. But they can also make wine fizzle. Best bet: a soft, thick, fruit-driven red that will act to "cushion" all the spice. Try Geyser Peak's 2001 Shiraz from Sonoma County, California (\$18). -Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:19.45391298377%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 188.91kcal (9.45%), Fat: 8.38g (12.89%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.34g (0.38%), Cholesterol: 68.04mg (22.68%), Sodium: 179.15mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.25%), Vitamin K: 176.24µg (167.85%), Selenium: 33.78µg (48.26%), Vitamin B6: 0.74mg (37.1%), Vitamin B3: 7.38mg (36.9%), Vitamin A: 1638.93IU (32.78%), Zinc: 4.56mg (30.38%), Phosphorus: 244.76mg (24.48%), Vitamin C: 15.97mg (19.35%), Vitamin B12: 1.03µg (17.2%), Iron: 2.96mg (16.44%), Potassium: 518.13mg (14.8%), Vitamin B2: 0.16mg (9.6%), Magnesium: 35.41mg (8.85%), Folate: 32.83µg (8.21%), Vitamin B5: 0.81mg (8.12%), Vitamin E: 1.19mg (7.96%), Vitamin B1: 0.1mg (6.8%), Copper: 0.12mg (6.12%), Manganese: 0.1mg (5.14%), Calcium: 49.44mg (4.94%), Fiber: 1g (4.01%)