



Skirt Steak Romesco

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



754 kcal

SAUCE

Ingredients

- ☐ 2 ounces almonds
- ☐ 0.5 teaspoon pepper black
- ☐ 1 clove garlic
- ☐ 1.3 teaspoons kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 ounces parmesan grated
- ☐ 12 ounce roasted peppers red drained
- ☐ 2 teaspoons red wine vinegar (or red wine vinegar)

- ☐ 1.5 pounds skirt steak
- ☐ 1 small bunch watercress
- ☐ 2.5 pounds yukon gold potatoes peeled cut into 1 1/2-inch chunks (, if desired)

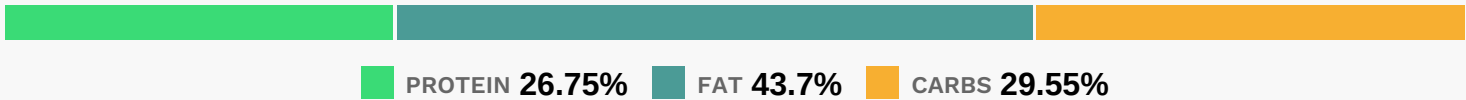
Equipment

- ☐ food processor
- ☐ pot
- ☐ grill

Directions

- ☐ Heat grill to medium-high.
- ☐ Place the potatoes in a large pot.
- ☐ Add enough cold water to cover. Bring to a boil. Reduce heat and simmer until tender, 15 to 20 minutes. Meanwhile, season the steak with 1/2 teaspoon of the salt and 1/4 teaspoon of the black pepper. Grill until cooked to the desired doneness, 3 to 5 minutes per side for medium-rare.
- ☐ Let rest for 10 minutes before slicing. Meanwhile, in a food processor, pulse the almonds.
- ☐ Add the garlic, Parmesan, red peppers, oil, vinegar, and the remaining salt and black pepper and pulse.
- ☐ Drain the potatoes, return them to the pot, add 1 cup of the romesco sauce, and toss. Divide the potatoes, steak, and watercress among individual plates. Spoon the remaining sauce over the steak. Tip: You can also spoon this rich, earthy romesco sauce over grilled chicken, broiled fish, roast vegetables, baked potatoes, or fried eggs.

Nutrition Facts



Properties

Glycemic Index:53.69, Glycemic Load:36.62, Inflammation Score:-9, Nutrition Score:44.366522099661%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 753.73kcal (37.69%), Fat: 37.37g (57.49%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 56.86g (18.95%), Net Carbohydrates: 47.72g (17.35%), Sugar: 2.96g (3.29%), Cholesterol: 116.8mg (38.93%), Sodium: 2250.73mg (97.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.46g (102.91%), Vitamin C: 98.33mg (119.19%), Vitamin B6: 1.78mg (88.9%), Zinc: 12.78mg (85.22%), Vitamin B3: 13.68mg (68.4%), Vitamin B12: 3.79µg (63.22%), Phosphorus: 612.6mg (61.26%), Selenium: 42.47µg (60.68%), Potassium: 1959.53mg (55.99%), Manganese: 1.1mg (55.02%), Vitamin B2: 0.88mg (51.65%), Magnesium: 158.54mg (39.63%), Vitamin E: 5.87mg (39.12%), Iron: 6.67mg (37.06%), Fiber: 9.14g (36.56%), Copper: 0.72mg (35.98%), Vitamin K: 32.35µg (30.81%), Calcium: 295.75mg (29.58%), Vitamin B1: 0.39mg (26.14%), Vitamin B5: 2.02mg (20.16%), Folate: 71.93µg (17.98%), Vitamin A: 773.25IU (15.46%), Vitamin D: 0.24µg (1.61%)