



Skirt Steak with Chimichurri



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed to taste
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings salt
- ☐ 1.5 pounds skirt steak

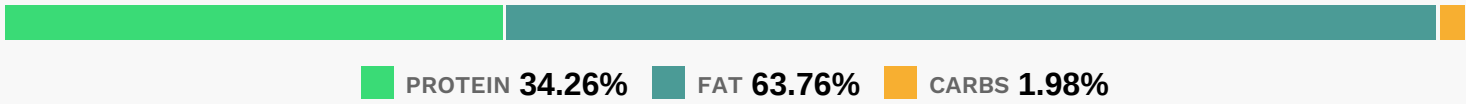
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ stove
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Mix parsley, oil, lemon juice, garlic, crushed red pepper and 1/4 tsp. salt in a bowl.
- ☐ Prepare steak: Preheat a gas grill to high for 20 minutes; oil when hot.
- ☐ Sprinkle steak with salt. Grill steak for 4 to 6 minutes, flip and continue to cook until done, 3 to 4 minutes more for medium rare, depending on thickness of meat and heat of grill. (Or, cook in batches on stovetop on a lightly oiled, ridged grill pan over medium-high heat.)
- ☐ Transfer steak to cutting board, tent loosely with foil and let stand 5 minutes. Slice and spoon chimichurri on top to serve.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:17.759565151256%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 285.58kcal (14.28%), Fat: 20.5g (31.53%), Saturated Fat: 4.81g (30.04%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.32g (0.36%), Cholesterol: 71.44mg (23.81%), Sodium: 274.68mg (11.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.55%), Vitamin K: 91.12µg (86.78%), Zinc: 7.38mg

(49.2%), Vitamin B12: 2.42µg (40.26%), Selenium: 25.14µg (35.91%), Vitamin B3: 6.54mg (32.68%), Vitamin B6: 0.52mg (25.92%), Vitamin B2: 0.37mg (21.88%), Phosphorus: 180.38mg (18.04%), Iron: 2.43mg (13.49%), Vitamin C: 10.9mg (13.21%), Vitamin E: 1.96mg (13.06%), Potassium: 376.71mg (10.76%), Vitamin A: 480.39IU (9.61%), Magnesium: 28.56mg (7.14%), Vitamin B5: 0.7mg (6.98%), Manganese: 0.12mg (6.17%), Copper: 0.11mg (5.4%), Vitamin B1: 0.08mg (5.15%), Folate: 13.11µg (3.28%), Calcium: 16.91mg (1.69%), Fiber: 0.27g (1.1%)