



Skirt Steak with Chimichurri Sauce



Gluten Free



Dairy Free

READY IN



46 min.

SERVINGS



6

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 1.5 teaspoons capers drained
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 0.5 cup parsley leaves fresh
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 pounds skirt steak

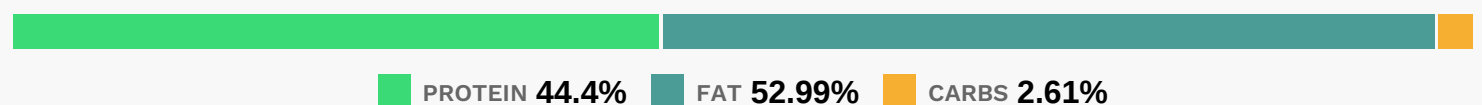
Equipment

- ☐ food processor
- ☐ knife
- ☐ grill

Directions

- ☐ Let steak stand 30 minutes at room temperature.
- ☐ Sprinkle steak with 1/2 teaspoon pepper and salt.
- ☐ Preheat grill to high heat.
- ☐ Place garlic in food processor; process until minced.
- ☐ Add parsley, cilantro, and mint; process until coarsely chopped.
- ☐ Add oil, next 3 ingredients (through capers), and remaining 1/2 teaspoon pepper; process until finely chopped.
- ☐ Place steak on grill rack coated with cooking spray. Grill 2 minutes; turn steak over. Grill 2 to 3 minutes or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak across grain into thin slices.
- ☐ Serve with sauce.
- ☐ Kids Can Help: Like with most of my sauces, kids can do practically all the work. They can pick the stems off the herbs or use a child-safe knife to cut them. Kids can also measure out all the ingredients and dump them directly into the food processor.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:17.889130219169%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.91mg, Apigenin: 10.91mg, Apigenin: 10.91mg, Apigenin: 10.91mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 222.35kcal (11.12%), Fat: 13.24g (20.37%), Saturated Fat: 3.81g (23.78%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.14g (0.15%), Cholesterol: 71.44mg (23.81%), Sodium: 314.26mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.92%), Vitamin K: 90µg (85.71%), Zinc: 7.42mg (49.46%), Vitamin B12: 2.42µg (40.26%), Selenium: 25.91µg (37.01%), Vitamin B3: 6.58mg (32.91%), Vitamin B6: 0.51mg (25.61%), Vitamin B2: 0.38mg (22.34%), Phosphorus: 184.18mg (18.42%), Iron: 2.57mg (14.26%), Vitamin A: 602.04IU (12.04%), Potassium: 391.08mg (11.17%), Vitamin C: 8.62mg (10.45%), Manganese: 0.2mg (9.9%), Magnesium: 31.94mg (7.99%), Vitamin B5: 0.71mg (7.1%), Copper: 0.12mg (6.11%), Vitamin E: 0.87mg (5.78%), Vitamin B1: 0.08mg (5.45%), Folate: 15.01µg (3.75%), Calcium: 25.05mg (2.5%), Fiber: 0.62g (2.47%)