




 **62%**
HEALTH SCORE

Skirt Steak With Roasted Root Vegetables


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




40 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 5 medium carrots halved lengthwise
- 1 clove garlic minced
- 4 servings kosher salt and pepper freshly ground
- 2.5 tablespoons olive oil extra-virgin
- 5 medium parsnips halved lengthwise
- 1 sprig rosemary plus chopped
- 1.5 pounds skirt steak cut into 4 pieces
- 3 teaspoons worcestershire sauce

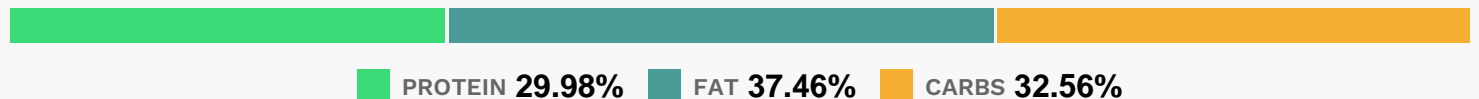
Equipment

- bowl
- frying pan
- oven
- baking pan
- cutting board

Directions

- Preheat the oven to 450 degrees F. Pick the leaves off the rosemary sprig and toss them with the carrots, parsnips, 2 teaspoons Worcestershire sauce, 1 1/2 tablespoons olive oil, 1/2 teaspoon salt, and pepper to taste in a shallow baking dish. Roast, stirring once, until the vegetables are tender and golden brown, about 25 minutes.
- Meanwhile, mix the garlic, chopped rosemary, the remaining 1 teaspoon Worcestershire sauce, 1/2 tablespoon olive oil, 3/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Rub all over the steaks.
- When the vegetables are halfway done (after about 12 minutes), heat a large skillet over medium-high heat and add the remaining 1/2 tablespoon olive oil. Working in batches if necessary, sear the steaks, 2 to 5 minutes per side for medium rare.
- Transfer to a cutting board and let stand 5 minutes before slicing.
- Serve with the roasted vegetables and drizzle with the pan juices.
- Per serving: Calories 507; Fat 32 g (Saturated 11 g); Cholesterol 90 mg; Sodium 818 mg; Carbohydrate 19 g; Fiber 5 g; Protein 33 g
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:49.71, Glycemic Load:15.68, Inflammation Score:-10, Nutrition Score:41.647826106652%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 518.84kcal (25.94%), Fat: 22.13g (34.04%), Saturated Fat: 6.03g (37.72%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 31.63g (11.5%), Sugar: 13.37g (14.86%), Cholesterol: 107.16mg (35.72%), Sodium: 436.86mg (18.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.84g (79.68%), Vitamin A: 12756.34IU (255.13%), Zinc: 12.3mg (81.99%), Manganese: 1.35mg (67.44%), Vitamin B12: 3.62µg (60.38%), Vitamin B3: 11.8mg (58.98%), Selenium: 41.12µg (58.74%), Vitamin K: 61.54µg (58.61%), Vitamin B6: 1.03mg (51.46%), Fiber: 11.66g (46.62%), Vitamin C: 38.27mg (46.39%), Potassium: 1506.62mg (43.05%), Phosphorus: 430.06mg (43.01%), Vitamin B2: 0.69mg (40.72%), Folate: 149.86µg (37.47%), Vitamin E: 4.82mg (32.16%), Iron: 4.67mg (25.97%), Magnesium: 103.59mg (25.9%), Vitamin B5: 2.36mg (23.62%), Vitamin B1: 0.33mg (22.1%), Copper: 0.42mg (20.98%), Calcium: 111.82mg (11.18%), Vitamin D: 0.17µg (1.13%)