



Steak with Chimichurri Sauce (Carne con Chimichurri)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 pounds flank steak trimmed
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1.5 cups parsley fresh
- ☐ 1 garlic clove peeled
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 tablespoon ground cumin

- ☐ 0.5 juice of lime
- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt and pepper

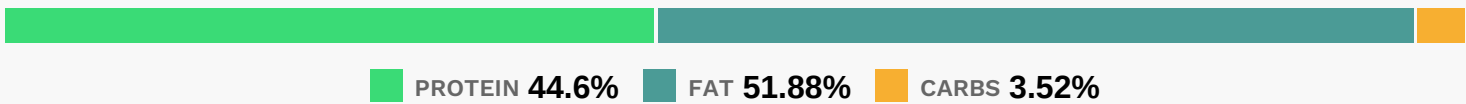
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Place all the chimichurri ingredients in a food processor and process until smooth.
- ☐ Remove steak from marinade bag and remove as much of the marinade as possible. Discard remaining marinade.
- ☐ Place the steak on the preheated grill and cook 5 minutes on each side for medium doneness or cook until desired degree of doneness.
- ☐ Remove from grill and allow the steak to rest for 10 minutes. Slice the steak against the grain and top with chimichurri sauce.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:0.28, Inflammation Score:-8, Nutrition Score:19.639130467954%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 229.15kcal (11.46%), Fat: 12.92g (19.88%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.3g (0.33%), Cholesterol: 68.04mg (22.68%), Sodium: 459.09mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.99%), Vitamin K: 264.52µg (251.92%), Selenium: 33.61µg (48.01%), Vitamin B3: 7.33mg (36.63%), Vitamin B6: 0.71mg (35.68%), Zinc: 4.56mg (30.42%), Vitamin A: 1403.22IU (28.06%), Vitamin C: 22.08mg (26.76%), Phosphorus: 244.29mg (24.43%), Iron: 3.19mg (17.71%), Vitamin B12: 1.03µg (17.2%), Potassium: 506.29mg (14.47%), Folate: 41.36µg (10.34%), Vitamin E: 1.53mg (10.19%), Magnesium: 36.24mg (9.06%), Vitamin B2: 0.15mg (9.02%), Vitamin B5: 0.79mg (7.92%), Vitamin B1: 0.1mg (6.84%), Copper: 0.12mg (6.01%), Calcium: 55.45mg (5.54%), Manganese: 0.09mg (4.47%), Fiber: 0.73g (2.94%)