



## Steak With Olive Salsa

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup parsley fresh chopped
- 3 cloves garlic chopped
- 4 servings kosher salt and pepper freshly ground
- 3 lemons halved
- 2 tablespoons olive oil extra-virgin
- 0.8 cup olives green spanish pitted coarsely chopped
- 4 cubanelle peppers halved lengthwise seeded
- 4 sprigs rosemary

- 2 bunches scallions
- 1.5 pounds skirt steak boneless

## Equipment

- bowl
- grill
- kitchen thermometer
- cutting board

## Directions

- Preheat a grill to high.
- Combine the olive oil, garlic and rosemary in a shallow dish.
- Add the lamb, turn to coat and season with salt and pepper.
- Mix the parsley and olives in a bowl.
- Squeeze the juice of 1 lemon into a bowl.
- Put the peppers skin-side down on the grill; cook until blistered, brushing with the lemon juice and seasoning with salt, about 4 minutes per side.
- Transfer to a platter.
- Meanwhile, grill the remaining 2 lemons cut-side down until charred, about 5 minutes; set aside. Grill the scallions, turning, until tender, about 4 minutes.
- Transfer to a cutting board and coarsely chop, then add to the olive mixture and season with salt and pepper.
- Grill the lamb until marked, about 4 minutes per side for medium rare. (A thermometer inserted into the thickest part should register 140 degrees F.)
- Transfer to a cutting board and let rest, 5 minutes. Slice against the grain, add to the platter and top with the scallion-olive mixture. Squeeze the grilled lemons on top.
- Photograph by Antonis Achilleos

## Nutrition Facts



■ PROTEIN 36.02% ■ FAT 49.33% ■ CARBS 14.65%

## Properties

Glycemic Index:49.88, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:33.865217245143%

## Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 7.35mg, Luteolin: 7.35mg, Luteolin: 7.35mg, Luteolin: 7.35mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

## Nutrients (% of daily need)

Calories: 415.45kcal (20.77%), Fat: 24.01g (36.94%), Saturated Fat: 6.3g (39.4%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 10.36g (3.77%), Sugar: 5.36g (5.96%), Cholesterol: 107.16mg (35.72%), Sodium: 711.41mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.45g (78.9%), Vitamin C: 148.28mg (179.73%), Vitamin K: 122.8µg (116.96%), Zinc: 11.3mg (75.32%), Vitamin B12: 3.62µg (60.38%), Vitamin B6: 1.12mg (56.03%), Selenium: 38.37µg (54.82%), Vitamin B3: 10.51mg (52.55%), Vitamin B2: 0.61mg (36.06%), Phosphorus: 310.57mg (31.06%), Potassium: 898.25mg (25.66%), Iron: 4.6mg (25.58%), Fiber: 5.69g (22.77%), Vitamin A: 1115.38IU (22.31%), Manganese: 0.38mg (18.89%), Vitamin E: 2.81mg (18.73%), Magnesium: 64.27mg (16.07%), Copper: 0.3mg (15.25%), Vitamin B1: 0.22mg (14.9%), Vitamin B5: 1.31mg (13.07%), Folate: 42.33µg (10.58%), Calcium: 77.41mg (7.74%), Vitamin D: 0.17µg (1.13%)