



 **56%**
HEALTH SCORE

Steak With Spicy Olive Pesto

 **Gluten Free**

READY IN



190 min.

SERVINGS



4

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic
- 0.3 cup grana padano cheese finely grated
- 0.3 cup olives green pitted chopped (such as Sicilian or Cerignola)
- 1 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup olive oil extra-virgin
- 1 bunch parsley (leaves only)
- 0.3 cup pinenuts

- 0.5 teaspoon pepper flakes red
- 2.3 pound rump steak boneless thick ()

Equipment

- food processor
- bowl
- frying pan
- kitchen thermometer
- ziploc bags
- cutting board
- meat tenderizer

Directions

- Pound the steak on both sides with a meat tenderizer or pierce with a fork.
- Transfer to a large resealable plastic bag; add 2 tablespoons olive oil, the lemon juice, 1/2 teaspoon salt and a few grinds of pepper. Seal the bag and shake to coat; marinate in the refrigerator, 2 to 8 hours.
- Meanwhile, make the pesto: Toast the pine nuts in a small skillet over medium-high heat, tossing occasionally, until slightly golden, about 3 minutes; let cool. Pulse the parsley, garlic and red pepper flakes in a food processor until almost smooth.
- Add the toasted pine nuts, cheese and 5 tablespoons olive oil and pulse until combined.
- Transfer to a bowl and stir in 3 tablespoons water and the olives; season with salt.
- Remove the steak from the marinade and pat dry. Bring to room temperature, about 30 minutes.
- Heat a large cast-iron or other heavy skillet over medium-high heat; add the remaining 1 tablespoon olive oil, then add the steak and cook until a dark crust forms, about 7 minutes. Turn and cook until a thermometer inserted into the center of the steak (from the side) registers 130 degrees F for medium rare, about 8 more minutes.
- Transfer to a cutting board and let rest 10 minutes.
- Brush the steak with some of the pesto. Thinly slice against the grain and serve with the remaining pesto.

Nutrition Facts

 **PROTEIN 32.05%**  **FAT 66.02%**  **CARBS 1.93%**

Properties

Glycemic Index:22.25, Glycemic Load:0.26, Inflammation Score:-8, Nutrition Score:33.839999943324%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 716.28kcal (35.81%), Fat: 52.06g (80.09%), Saturated Fat: 17.72g (110.74%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 2.24g (0.81%), Sugar: 0.73g (0.82%), Cholesterol: 147.13mg (49.04%), Sodium: 575.88mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.87g (113.75%), Vitamin K: 242µg (230.48%), Vitamin B12: 7.17µg (119.47%), Selenium: 43.82µg (62.6%), Zinc: 9.26mg (61.76%), Phosphorus: 546.94mg (54.69%), Vitamin B6: 1.02mg (50.83%), Vitamin B3: 9.9mg (49.48%), Manganese: 0.82mg (40.9%), Iron: 6.66mg (37.03%), Vitamin B2: 0.52mg (30.47%), Vitamin A: 1359.48IU (27.19%), Potassium: 942.71mg (26.93%), Vitamin C: 22.16mg (26.86%), Magnesium: 84.03mg (21.01%), Vitamin B1: 0.31mg (20.42%), Copper: 0.35mg (17.62%), Vitamin E: 2.11mg (14.09%), Calcium: 117.52mg (11.75%), Folate: 42.12µg (10.53%), Vitamin B5: 0.92mg (9.21%), Fiber: 1.19g (4.74%)