



Ted Allen's Grilled Steak with Roasted Jalapeño Chimichurri

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cilantro leaves finely chopped
- 3 tablespoons wine dry red
- 2 teaspoons garlic clove minced
- 2 jalapeno
- 3 tablespoons lime
- 4 servings pepper black freshly ground
- 0.5 cup olive oil extra virgin extra-virgin plus more for brushing

- 2 cups parsley finely chopped
- 1 tablespoon red-wine vinegar
- 2 pounds skirt steak

Equipment

- food processor
- bowl
- knife
- blender
- grill
- kitchen thermometer
- broiler
- grill pan

Directions

- Prepare a grill or turn on a broiler (or gas burner). Grill or char the jalapeños until blackened on all sides and quite soft, about 5 minutes total.
- Place them in a small bowl covered with a plate or towel and allow the skins to steam and loosen. Peel, stem, and seed the chilis.
- In a small food processor or blender, combine the jalapeños, cilantro, parsley, garlic, lime juice, red wine, olive oil, and a pinch of salt and pepper. Pulse (or blend) until the mixture is a coarse puree. Taste and adjust for salt and blend again.
- If a grill is not already prepared, heat a grill pan over high heat. Rub the steaks with olive oil and season very generously with salt and pepper. Grill until medium rare, 2 to 4 minutes per side depending on thickness (center of steaks should register 125°F on an instant read thermometer).
- Remove to a plate and allow to rest for at least 5 minutes.
- Slice the steak across the grain with the knife at a 45 degree angle. Arrange on a serving plate and spoon some chimichurri over the steak.
- Serve with the extra sauce.

Nutrition Facts

PROTEIN 47.91% FAT 48.3% CARBS 3.79%

Properties

Glycemic Index:47.5, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:37.24608712611%

Flavonoids

Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 64.66mg, Apigenin: 64.66mg, Apigenin: 64.66mg, Apigenin: 64.66mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 423.29kcal (21.16%), Fat: 22.53g (34.66%), Saturated Fat: 7.07g (44.17%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.7g (0.78%), Cholesterol: 142.88mg (47.63%), Sodium: 171.15mg (7.44%), Alcohol: 1.18g (100%), Alcohol %: 0.47% (100%), Protein: 50.28g (100.56%), Vitamin K: 524.96µg (499.97%), Zinc: 15mg (100.01%), Vitamin B12: 4.83µg (80.51%), Selenium: 50.26µg (71.8%), Vitamin B3: 13.46mg (67.31%), Vitamin A: 3163.58IU (63.27%), Vitamin C: 52.16mg (63.22%), Vitamin B6: 1.08mg (53.78%), Vitamin B2: 0.78mg (45.63%), Phosphorus: 375.89mg (37.59%), Iron: 6.12mg (34%), Potassium: 900.94mg (25.74%), Magnesium: 68.99mg (17.25%), Manganese: 0.32mg (15.85%), Vitamin B5: 1.52mg (15.23%), Folate: 59.68µg (14.92%), Copper: 0.26mg (13.16%), Vitamin B1: 0.17mg (11.63%), Vitamin E: 1.69mg (11.28%), Calcium: 66.13mg (6.61%), Fiber: 1.59g (6.37%), Vitamin D: 0.23µg (1.51%)