



Grilled Flank Steak with Chimichurri Sauce [FODMAP Modification for IBS]

U.S.

Metric

For the chimichurri sauce

1 1/4 cup	Italian Parsley, fresh, washed, picked	75 g
1/2 cup	Cilantro, fresh, washed, picked	30 g
4 each	Scallion, rough chopped (green section only)	4 each
1/3 cup	Olive Oil	80 mL
3 Tbsp	Sherry Vinegar	45 mL
1/2 tsp	Red Pepper Flakes	1.5 g
3/4 tsp	Cumin, ground	2 g
To Taste	Black Pepper, ground	To Taste

For the grilled flank steak

1 lb	Flank Steak, trimmed and cleaned	455 g
3 tsp	Canola oil	15 mL
1/4 tsp	Kosher Salt	0.75 g
To Taste	Black Pepper, ground	To Taste

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a grill.
3. Combine all the ingredients for the chimichurri sauce in a food processor and blend until smooth.
4. Place the sauce in a bowl, cover and refrigerate until ready to use.
5. Evenly coat the flank steak with the olive oil, salt and pepper on both sides.
6. Grill the steak for at least 3 minutes on each side, longer if you prefer meats more well-done.
7. Remove the steak from the grill and allow it to rest for 5 minutes. Slice the steak against the grain and serve with 1 Tbsp of chimichurri.

Nutrition Facts

Serving size	3 oz steak 1 Tbsp Chimichurri
Servings	5
Calories	300
Calories from Fat	210
Total Fat	23 g
Saturated Fat	5 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	60 mg
Sodium	190 mg
Carbohydrates	4 g
Dietary Fiber	1 g
Sugars	0 g
Protein	20 g
Vitamin A	60 %
Calcium	6 %
Vitamin C	60 %
Iron	20 %

Phosphorus 198 mg
