



Black Angus New York Strips with Mesa Steak Sauce



Gluten Free

Image not found or type unknown

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 cup maytag cheese blue crumbled
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons horseradish freshly grated

- ☐ 1 cup catsup
- ☐ 1 tablespoon maple syrup
- ☐ 3 tablespoons olive oil
- ☐ 4 servings olive oil
- ☐ 1 large onion red sliced into 1/2-inch slices
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 new york strip steaks
- ☐ 2 tomatoes sliced into 1/2-inch slices
- ☐ 2 cups watercress

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine all ingredients in a medium bowl and season with salt and pepper to taste.
- ☐ Preheat a grill pan over high heat until smoking.
- ☐ Brush the steaks with olive oil and season with salt and pepper, to taste. Grill for 4 to 5 minutes on one side until golden brown, turn over, reduce heat to medium and continue cooking for 5 to 6 minutes for medium-rare doneness.
- ☐ Whisk together the vinegar and mustard in a small bowl. Slowly whisk in the olive oil and season with salt and pepper to taste. Toss the watercress in a few tablespoons of the dressing and arrange on a platter. Top with slices of the tomatoes and onions and drizzle with the remaining dressing.
- ☐ Sprinkle with the blue cheese.

Nutrition Facts



Properties

Glycemic Index:90.44, Glycemic Load:6.08, Inflammation Score:-9, Nutrition Score:35.227826128835%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

Nutrients (% of daily need)

Calories: 883.08kcal (44.15%), Fat: 62.03g (95.44%), Saturated Fat: 20.86g (130.39%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 31.22g (11.35%), Sugar: 25.6g (28.44%), Cholesterol: 150.52mg (50.17%), Sodium: 1377.72mg (59.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.59g (103.17%), Selenium: 60.66µg (86.66%), Zinc: 12.55mg (83.68%), Vitamin K: 70.1µg (66.76%), Vitamin B12: 3.96µg (65.96%), Vitamin B3: 12.83mg (64.13%), Vitamin B6: 1.18mg (59.04%), Vitamin B2: 0.83mg (49.01%), Phosphorus: 455.5mg (45.55%), Vitamin A: 2122.47IU (42.45%), Vitamin E: 5.73mg (38.23%), Potassium: 1152.18mg (32.92%), Iron: 5.12mg (28.44%), Vitamin C: 22.16mg (26.86%), Magnesium: 82.24mg (20.56%), Manganese: 0.41mg (20.41%), Vitamin B1: 0.28mg (18.63%), Calcium: 170.24mg (17.02%), Copper: 0.33mg (16.37%), Fiber: 2.64g (10.56%), Folate: 39.53µg (9.88%), Vitamin B5: 0.5mg (5.05%), Vitamin D: 0.31µg (2.07%)