



Buffalo Steaks with Chile-Garlic Oil

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 pound buffalo strip steaks
- 1 tablespoon pepper red crushed
- 8 large garlic cloves thinly sliced
- 4 servings salt
- 0.5 cup vegetable oil

Equipment

- bowl

- frying pan
- sauce pan
- cutting board

Directions

- In a small saucepan, warm 1/2 cup of the vegetable oil over moderate heat.
- Add the garlic and crushed red pepper and simmer over low heat until the garlic turns pale gold, about 5 minutes.
- Pour the flavored oil into a heatproof bowl or jar and season with salt.
- Season the steaks with salt and pepper. In a large cast-iron skillet, heat the remaining 1 tablespoon of oil just until smoking.
- Add the steaks and cook over moderately high heat until browned, crusty and rare, about 3 minutes per side.
- Transfer the steaks to a cutting board and let rest for 5 minutes.
- Thickly slice the steaks crosswise across the grain and arrange the slices on plates.
- Drizzle the chile-garlic oil over the meat and serve.
- Serve With: Steak fries

Nutrition Facts

PROTEIN 63.51% **FAT 32.56%** **CARBS 3.93%**

Properties

Glycemic Index:15.5, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:21.795217389646%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 319.29kcal (15.96%), Fat: 11.21g (17.25%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.2g (0.23%), Cholesterol: 161.03mg (53.68%), Sodium: 343.3mg (14.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.2g (98.39%), Vitamin B12: 5.22µg (86.94%), Selenium: 58.19µg (83.13%), Zinc: 7.87mg (52.46%), Phosphorus: 475.73mg (47.57%), Iron: 7.26mg (40.36%), Vitamin B6:

0.7mg (35.2%), Vitamin B3: 4.85mg (24.25%), Potassium: 824.2mg (23.55%), Copper: 0.39mg (19.55%), Magnesium: 59.09mg (14.77%), Vitamin B2: 0.25mg (14.45%), Vitamin A: 600.89IU (12.02%), Vitamin K: 12.4µg (11.81%), Manganese: 0.18mg (9.08%), Vitamin E: 1.33mg (8.85%), Vitamin B1: 0.12mg (7.94%), Fiber: 0.85g (3.39%), Calcium: 29.36mg (2.94%), Vitamin C: 1.89mg (2.29%)