



Cabernet Steak and Mushrooms



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup wine dry
- ☐ 1 teaspoon basil leaves fresh chopped for garnish
- ☐ 1 teaspoon rosemary leaves fresh chopped for garnish
- ☐ 2 garlic cloves crushed
- ☐ 0.3 cup olive oil extra-virgin for garnish
- ☐ 0.7 cup onion finely chopped

- ☐ 1 teaspoon oregano leaves fresh chopped for garnish
- ☐ 4 large portabello mushrooms
- ☐ 1 teaspoon salt
- ☐ 4 new york strip steaks thick

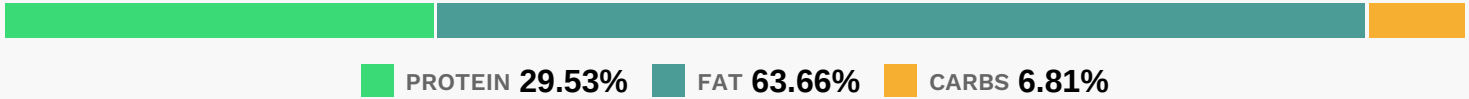
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk all the marinade ingredients together in a large bowl. Set aside.
- ☐ Transfer half of the marinade into 1 shallow non-reactive pan or bowl and reserve the other half of the marinade for the mushrooms.
- ☐ Trim excess fat from the steaks and make small cuts with a knife into the fat around the edge of the steaks. Marinate steaks for at least 30 minutes at room temperature, or up to 6 hours in the refrigerator.
- ☐ Preheat a grill to high heat.
- ☐ Place steaks on the hot grill for 3 minutes on each side to sear and create nice grill marks. Reduce the grill temperature to low and close the lid. Continue cooking steaks an additional 5 to 10 minutes for medium-rare, turning them halfway through.
- ☐ Let steaks rest for 5 minutes before serving.
- ☐ Meanwhile, dip the mushrooms in the reserved marinade and place on the grill, curved side down.
- ☐ Put the leftover marinade from the steaks and mushrooms in a small saucepan and bring to a boil for at least 3 minutes and cook until reduced slightly. Lightly coat the serving platter with extra-virgin olive oil and whole leaves of fresh rosemary, oregano, and basil.
- ☐ Transfer the steaks and mushrooms to the platter and drizzle with the sauce.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:27.739565266215%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 686.62kcal (34.33%), Fat: 45.82g (70.49%), Saturated Fat: 16.15g (100.96%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 9.17g (3.33%), Sugar: 5.65g (6.28%), Cholesterol: 137.86mg (45.95%), Sodium: 711.89mg (30.95%), Alcohol: 6.3g (100%), Alcohol %: 1.86% (100%), Protein: 47.83g (95.65%), Selenium: 71.15µg (101.64%), Zinc: 12.13mg (80.89%), Vitamin B3: 14.91mg (74.54%), Vitamin B12: 3.79µg (63.23%), Vitamin B6: 1.08mg (54.14%), Phosphorus: 430.38mg (43.04%), Vitamin B2: 0.66mg (38.9%), Potassium: 984.36mg (28.12%), Iron: 4.64mg (25.75%), Copper: 0.44mg (22.13%), Vitamin B1: 0.26mg (17.66%), Vitamin K: 15.27µg (14.54%), Vitamin E: 2.06mg (13.74%), Magnesium: 54.25mg (13.56%), Vitamin B5: 1.01mg (10.08%), Manganese: 0.2mg (9.86%), Folate: 36.68µg (9.17%), Fiber: 1.86g (7.43%), Calcium: 41.2mg (4.12%), Vitamin D: 0.48µg (3.19%), Vitamin C: 2.46mg (2.99%)