



California Tri-Tip Oscar

READY IN



35 min.

SERVINGS



8

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 asparagus
- 3 ounces butter (approximately)
- 2 teaspoons crab boil seasoning (recommended: Old Bay)
- 6 egg yolk (See Disclaimer)
- 1 loaf bread french
- 1 pound lump crab meat
- 0.8 cup mayonnaise
- 0.1 cup olive oil
- 2 pounds tri-tip beef cut into 2-ounce servings

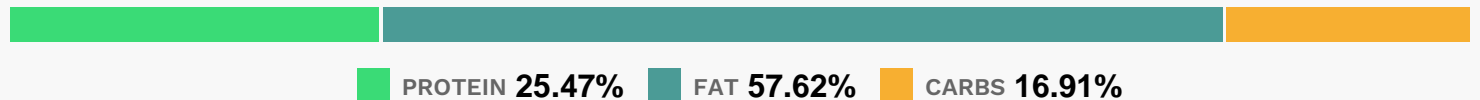
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F.
- Slice bread into 16 slices, butter each slice and place on a baking sheet. Toast bread lightly.
- Remove from oven but leave on baking sheet and set aside briefly.
- Heat oil in a hot saute pan and sear beef on both sides.
- Remove and let rest.
- Mix mayonnaise, egg yolks, and crab boil seasoning. Fold in asparagus and crabmeat, trying to avoid breaking up the lumps of crab.
- To assemble, place meat on toast and spoon crab mixture on top. Return to oven to brown crabmeat mixture and serve.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:20.25, Inflammation Score:-7, Nutrition Score:32.642173953678%

Flavonoids

Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 671kcal (33.55%), Fat: 42.6g (65.54%), Saturated Fat: 13.58g (84.89%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 26.3g (9.56%), Sugar: 3.13g (3.48%), Cholesterol: 276.13mg (92.04%), Sodium: 1043mg (45.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.37g (84.73%), Vitamin B12: 6.61µg (110.19%), Selenium: 70.05µg (100.08%), Zinc: 8.49mg (56.62%), Vitamin K: 56.26µg (53.58%), Vitamin B3: 10.27mg (51.36%),

Phosphorus: 468.1mg (46.81%), Vitamin B6: 0.86mg (43.1%), Copper: 0.76mg (37.86%), Vitamin B1: 0.53mg (35.03%), Folate: 137.33µg (34.33%), Iron: 5.27mg (29.3%), Vitamin B2: 0.48mg (28.01%), Manganese: 0.39mg (19.4%), Magnesium: 74.29mg (18.57%), Potassium: 623.2mg (17.81%), Vitamin E: 2.61mg (17.37%), Vitamin B5: 1.58mg (15.78%), Vitamin A: 742.68IU (14.85%), Calcium: 114.77mg (11.48%), Fiber: 1.83g (7.31%), Vitamin C: 5.82mg (7.06%), Vitamin D: 0.77µg (5.14%)