



Chicago-Style Steak with Blue Cheese Butter

READY IN



51 min.

SERVINGS



51

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter softened
- 1 Tbsp athenos cheese blue crumbled
- 1 Tbsp green onion finely chopped
- 0.5 cup a.1. chicago steakhouse marinade
- 2 porterhouse steaks ()

Equipment

- grill
- ziploc bags

Directions

- Pour marinade into large resealable plastic bag.
- Add steaks; turn to coat. Seal bag. Refrigerate 30 min. to marinate.
- Meanwhile, mix butter, cheese and onion until well blended; cover. Refrigerate until ready to use.
- Preheat grill to medium heat.
- Remove steaks from marinade; discard marinade. Grill steaks, uncovered, 10 to 12 min. for medium-rare to medium doneness, turning occasionally.
- Remove steaks from grill.
- Remove bones; cut steak into thin slices. Top with the butter mixture.

Nutrition Facts

 **PROTEIN 31.6%**  **FAT 59.92%**  **CARBS 8.48%**

Properties

Glycemic Index:2.14, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2043478275123%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 37.98kcal (1.9%), Fat: 2.47g (3.8%), Saturated Fat: 1.1g (6.96%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.65g (0.72%), Cholesterol: 8.77mg (2.92%), Sodium: 56.19mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin B12: 0.37µg (6.22%), Selenium: 2.23µg (3.18%), Zinc: 0.44mg (2.95%), Vitamin B6: 0.05mg (2.55%), Vitamin B3: 0.49mg (2.43%), Phosphorus: 23.91mg (2.39%), Iron: 0.27mg (1.5%), Vitamin B2: 0.02mg (1.46%), Potassium: 43.3mg (1.24%)