



Dinner Tonight: Grilled Steak with Tomatoes and Pesto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1008 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups basil fresh packed
- ☐ 2 cloves garlic chopped
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parmesan grated
- ☐ 2 tablespoons pinenuts
- ☐ 2 servings salt and pepper black
- ☐ 16 ounce new york strip steak ()

☐ 2 large tomatoes

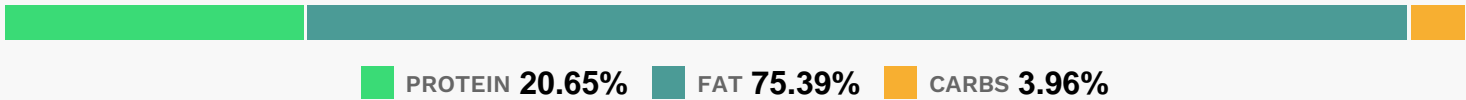
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Bring a charcoal grill, gas grill, or grill pan to high heat. Meanwhile, make the pesto.
- ☐ Place the pine nuts in a non-stick skillet set over medium high heat. When they are fragrant and slightly browned transfer them to a food processor.
- ☐ Add the basil and garlic. Process until it becomes a paste. With the motor running, drizzle in 4 tablespoons of the olive oil. Season with salt and pepper. Fold in the Parmesan.
- ☐ Sprinkle the steak with salt and pepper, and coat in 1 tablespoon of oil. Set on the hot grill. Cook for about 4 to 5 minutes a side for medium-rare. Cooking times will go way down if you are using a thinner steak. Adjust accordingly. Set aside.
- ☐ Coat the tomatoes in the remaining tablespoon of oil and season with salt and pepper. Cook for 2 minutes on one side, flip, and cook for another minute on the other side.
- ☐ Slice up the steak, or leave it whole.
- ☐ Serve with the tomato slices. Spoon some of the pesto sauce on top of the tomatoes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:82.5, Glycemic Load:2.32, Inflammation Score:-9, Nutrition Score:39.701739349443%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 1007.57kcal (50.38%), Fat: 84.74g (130.36%), Saturated Fat: 20.93g (130.8%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 7.12g (2.59%), Sugar: 5.27g (5.86%), Cholesterol: 184.84mg (61.61%), Sodium: 403.19mg (17.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.21g (104.43%), Vitamin K: 123.29µg (117.42%), Selenium: 54.97µg (78.53%), Vitamin B6: 1.52mg (75.76%), Vitamin B3: 14.2mg (70.98%), Manganese: 1.37mg (68.32%), Zinc: 9.1mg (60.65%), Vitamin E: 8.98mg (59.89%), Phosphorus: 579.19mg (57.92%), Vitamin A: 2507.78IU (50.16%), Vitamin B12: 2.28µg (38.04%), Potassium: 1271.1mg (36.32%), Vitamin C: 29.19mg (35.38%), Iron: 5.28mg (29.32%), Magnesium: 107.22mg (26.81%), Copper: 0.48mg (24.02%), Vitamin B2: 0.34mg (20.29%), Vitamin B1: 0.29mg (19.04%), Folate: 68.33µg (17.08%), Calcium: 168.99mg (16.9%), Vitamin B5: 1.59mg (15.94%), Fiber: 2.9g (11.62%)