



WHATSHEATE



HEALTH SCORE

76%

Garlic-Buttered Sliced Steak with Onions



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



2802 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 loaf from a round of semolina bread thick (1-inch)
- ☐ 4 tablespoons butter
- ☐ 1 handful a flat-leaf parsley generous finely chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 large skinned onions yellow thinly sliced
- ☐ 2 roasted peppers red drained thinly sliced well
- ☐ 4 servings salt and pepper

☐ 48 ounce ny strip steaks

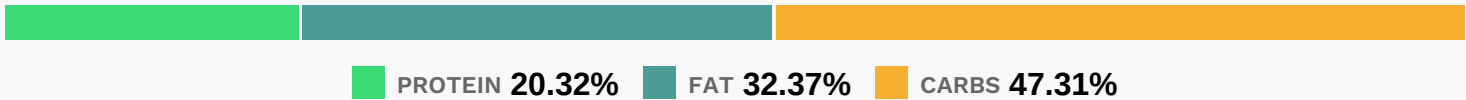
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat extra-virgin olive oil in a medium skillet over medium-low to medium heat, then add onions and roasted peppers, season with salt and pepper and cook gently until soft but not caramelized, 12 to 15 minutes. Stir in parsley.
- ☐ Heat a large skillet or a cast iron griddle to high.
- ☐ Toast the bread under broiler and reserve.
- ☐ Melt butter in a small saucepan over low heat, add garlic.
- ☐ Remove pan from the heat and set aside until the steaks are cooked.
- ☐ Season 1 side of the steaks with salt and pepper and place seasoned side down in the hot skillet or griddle.. Cook 3 minutes until the meat can be moved easily. Season the reverse side of meat. Flip steaks, reduce heat to medium and cook 6 to 7 minutes for medium rare, 8 to 10 for just pink.
- ☐ Remove meat and let rest a few minutes. Slice steaks 1/4-inch thick against the grain. Pile onions over toast, top with sliced steak, and spoon garlic butter down over the top of each portion.

Nutrition Facts



Properties

Glycemic Index:49.42, Glycemic Load:175.38, Inflammation Score:-10, Nutrition Score:72.777391330056%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 15.28mg, Quercetin: 15.28mg, Quercetin: 15.28mg, Quercetin: 15.28mg

Nutrients (% of daily need)

Calories: 2802.16kcal (140.11%), Fat: 100.91g (155.25%), Saturated Fat: 34.83g (217.67%), Carbohydrates: 331.79g (110.6%), Net Carbohydrates: 303g (110.18%), Sugar: 42.19g (46.88%), Cholesterol: 237.62mg (79.21%), Sodium: 3934.66mg (171.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 142.52g (285.04%), Manganese: 8.28mg (414.21%), Selenium: 279.85µg (399.78%), Vitamin B3: 54.9mg (274.48%), Vitamin B1: 3.14mg (209.39%), Iron: 30.81mg (171.18%), Zinc: 24.74mg (164.96%), Folate: 607.45µg (151.86%), Vitamin B2: 2.56mg (150.68%), Phosphorus: 1401.06mg (140.11%), Fiber: 28.79g (115.17%), Vitamin B6: 2.27mg (113.68%), Vitamin B12: 5.67µg (94.52%), Calcium: 909.04mg (90.9%), Magnesium: 361.31mg (90.33%), Copper: 1.34mg (66.78%), Vitamin K: 62.47µg (59.5%), Potassium: 2028.11mg (57.95%), Vitamin B5: 5.71mg (57.13%), Vitamin C: 17.78mg (21.55%), Vitamin E: 3.15mg (21.02%), Vitamin A: 596.7IU (11.93%), Vitamin D: 0.34µg (2.27%)