



Grilled Flank Steak with Gorgonzola Cream Sauce and Asparagus

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds asparagus trimmed
- ☐ 1.5 pounds flank steak
- ☐ 0.3 pound gorgonzola cheese crumbled
- ☐ 1 cup heavy cream
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon onion powder

- ☐ 0.3 cup paprika
- ☐ 1 tablespoon butter salted softened
- ☐ 1 shallots minced
- ☐ 1 tablespoon sugar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Melt 1 tablespoon butter in a medium saucepan over medium heat.
- ☐ Add the shallot and cook until tender, about 1 minute.
- ☐ Add the heavy cream and simmer until reduced by half.
- ☐ Whisk in the gorgonzola until it melts. Season with salt and pepper and keep warm.
- ☐ Heat a grill pan over medium heat.
- ☐ Brush the steak lightly with 1 tablespoon olive oil and season liberally with salt and pepper. Grill the steak, 4 to 5 minutes per side for medium-rare, turning once.
- ☐ Remove from the heat and cover with foil.
- ☐ Let the steak rest for 5 minutes before slicing.
- ☐ Meanwhile, combine the sugar, paprika and onion powder in a small bowl. Reserve 4 teaspoons and store the rest in an airtight container. (Seasoning will keep in the pantry for up to 6 months.)
- ☐ Mix the stick of softened butter with 3 teaspoons of the seasoning in a small bowl; cover and refrigerate.
- ☐ Toss the asparagus with the remaining 1 teaspoon barbecue seasoning mix and 1 tablespoon olive oil; add salt and pepper to taste. Cook the asparagus in a grill pan over medium heat

until tender, turning once, about 6 minutes total. Reserve 4 stalks for another use.

☐ Reserve a quarter of the steak for another use; cut the rest into 1/8-inch-thick slices. Top with the gorgonzola cream sauce, reserving about 1/2 cup for another use, and serve with the asparagus and some barbecue butter.

☐ Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:56.02, Glycemic Load:4.01, Inflammation Score:-10, Nutrition Score:44.8073914984%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg

Nutrients (% of daily need)

Calories: 703.25kcal (35.16%), Fat: 49.12g (75.57%), Saturated Fat: 25.52g (159.47%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 11.6g (4.22%), Sugar: 10.34g (11.49%), Cholesterol: 198.08mg (66.03%), Sodium: 658.67mg (28.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.35g (100.7%), Vitamin A: 6217.9IU (124.36%), Vitamin K: 108.91µg (103.72%), Selenium: 61.86µg (88.37%), Vitamin B6: 1.47mg (73.52%), Vitamin B3: 13.83mg (69.15%), Phosphorus: 631.94mg (63.19%), Zinc: 8.96mg (59.75%), Iron: 9.17mg (50.95%), Vitamin B2: 0.82mg (48.33%), Vitamin E: 6.73mg (44.87%), Folate: 158.25µg (39.56%), Potassium: 1344.28mg (38.41%), Vitamin B12: 1.99µg (33.25%), Vitamin B1: 0.49mg (32.91%), Copper: 0.63mg (31.27%), Calcium: 298.42mg (29.84%), Fiber: 7.34g (29.35%), Manganese: 0.51mg (25.4%), Vitamin B5: 2.53mg (25.27%), Magnesium: 93.4mg (23.35%), Vitamin C: 13.65mg (16.54%), Vitamin D: 1.09µg (7.29%)