




 **51%**
HEALTH SCORE

Grilled Garlic Steak with Garlic


 **Gluten Free**  **Dairy Free**

READY IN




535 min.

SERVINGS



2

CALORIES



936 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1.5 tablespoons balsamic vinegar
- 12 cloves garlic peeled
- 1 pinch salt and ground pepper black to taste
- 1 cup olive oil for frying
- 24 ounce new york strip steaks

Equipment

- bowl
- paper towels

- sauce pan
- whisk
- grill
- kitchen thermometer
- ziploc bags

Directions

- Whisk minced garlic, olive oil, salt, and black pepper in a bowl, then pour into a resealable plastic bag.
- Add the steaks, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 hours or overnight.
- Combine 12 garlic cloves and 1 cup olive oil in a small saucepan over low heat. Cook, stirring occasionally, until garlic is golden and tender, about 30 minutes. Set aside.
- Preheat an outdoor grill for high heat, and lightly oil the grate.
- Remove steaks from bag, wiping off excess marinade with paper towels. Generously season steaks with salt and black pepper.
- Cook the steaks on the prepared grill until they start to firm and are reddish-pink and juicy in the center, about 5 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).
- Remove steaks to a plate and let rest for 5 minutes.
- Drizzle balsamic vinegar over steaks, then spoon a few cloves of oil-roasted garlic on top.

Nutrition Facts

 PROTEIN **29.68%**  FAT **66.9%**  CARBS **3.42%**

Properties

Glycemic Index:56, Glycemic Load:2.7, Inflammation Score:-4, Nutrition Score:32.866087317467%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.31mg, Quercetin: 0.31mg

Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 936.05kcal (46.8%), Fat: 69.8g (107.38%), Saturated Fat: 24.4g (152.47%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.64g (2.78%), Sugar: 1.97g (2.19%), Cholesterol: 207.52mg (69.17%), Sodium: 183.16mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.66g (139.31%), Selenium: 85.57µg (122.24%), Zinc: 17.67mg (117.81%), Vitamin B12: 5.65µg (94.12%), Vitamin B3: 16.78mg (83.91%), Vitamin B6: 1.58mg (79.04%), Phosphorus: 519.78mg (51.98%), Vitamin B2: 0.83mg (49%), Iron: 6.37mg (35.39%), Potassium: 998.22mg (28.52%), Vitamin B1: 0.34mg (22.36%), Vitamin E: 3.13mg (20.84%), Magnesium: 77.47mg (19.37%), Vitamin K: 18.49µg (17.61%), Copper: 0.32mg (16.15%), Manganese: 0.32mg (16.15%), Vitamin C: 5.62mg (6.81%), Calcium: 60.07mg (6.01%), Folate: 10.75µg (2.69%), Vitamin D: 0.34µg (2.27%), Fiber: 0.39g (1.56%), Vitamin B5: 0.11mg (1.08%), Vitamin A: 52.92IU (1.06%)