






Grilled New York Steaks with San Marzano Sauce

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

READY IN

45 min.

SERVINGS

6

CALORIES

671 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 6 large basil fresh for garnish
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- 2 pounds frangelico with basil leaves marzano-style ripe coarsely chopped canned (preferably San)
- 6 servings kosher salt
- 2 garlic clove crushed peeled
- 0.3 cup olive oil extra virgin extra-virgin for brushing
- 0.5 teaspoon pepper dried red crushed

- 60 ounce fat-trimmed beef flank steak thick (preferably prime;)
- 3 inch frangelico
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Equipment

- sauce pan
- potato masher
- grill

Directions

- Heat 1/4 cup olive oil in heavy large saucepan over medium heat.
- Add garlic and sauté until golden, about 5 minutes.
- Add chopped fresh tomatoes or canned tomatoes with juice; coarsely crush tomatoes with potato masher.
- Add 6 basil sprigs and dried crushed red pepper; bring to boil. Reduce heat to low and simmer until mixture is reduced to thick sauce consistency (about 3 cups), stirring occasionally, about 15 minutes. Season sauce to taste with coarse kosher salt and freshly ground black pepper. DO AHEAD: Can be made 1 day ahead. Cover and refrigerate. Rewarm over medium heat before serving.
- Prepare barbecue (medium-high heat).
- Brush steaks and bread slices with olive oil.
- Sprinkle steaks with coarse kosher salt and freshly ground black pepper. Grill steaks to desired doneness, about 7 minutes per side for medium-rare. Grill bread slices until golden and grill marks appear, about 2 minutes per side.
- Spoon some of warm sauce onto 6 plates, then top each with 1 steak. Spoon additional sauce over each steak.
- Cut bread in half on diagonal; place bread alongside steaks.
- Garnish with additional basil sprigs and serve.

Nutrition Facts



■ PROTEIN 34% ■ FAT 65.74% ■ CARBS 0.26%

Properties

Glycemic Index:28.33, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:26.489565036867%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 671.37kcal (33.57%), Fat: 49.12g (75.57%), Saturated Fat: 19.08g (119.24%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.02g (0.03%), Cholesterol: 172.93mg (57.64%), Sodium: 344.32mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.15g (114.3%), Selenium: 69.35µg (99.07%), Zinc: 14.57mg (97.13%), Vitamin B12: 4.71µg (78.43%), Vitamin B3: 13.91mg (69.57%), Vitamin B6: 1.15mg (57.41%), Phosphorus: 410.71mg (41.07%), Vitamin B2: 0.68mg (40.05%), Iron: 5mg (27.77%), Potassium: 769.52mg (21.99%), Vitamin B1: 0.25mg (16.81%), Magnesium: 60.55mg (15.14%), Vitamin K: 13.18µg (12.56%), Copper: 0.23mg (11.45%), Vitamin E: 1.37mg (9.11%), Vitamin A: 134.23IU (2.68%), Calcium: 23.83mg (2.38%), Folate: 9.13µg (2.28%), Vitamin D: 0.28µg (1.89%), Manganese: 0.03mg (1.46%)