



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 sprigs plus additional fresh for garnish
- ☐ 2 pounds canned tomatoes with basil leaves marzano-style ripe coarsely chopped canned (preferably San)
- ☐ 6 servings coarse kosher salt
- ☐ 2 garlic cloves crushed peeled
- ☐ 0.3 cup olive oil plus additional extra-virgin for brushing
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 60 ounce new york steaks thick (preferably prime;)

- ☐ 3 inch x3x pain rustique
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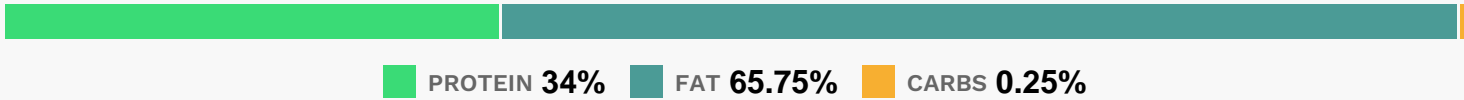
Equipment

- ☐ 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



Properties

Glycemic Index:16.67, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:26.363478412447%

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: 671.28kcal (33.56%), Fat: 49.12g (75.57%), Saturated Fat: 19.08g (119.24%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.02g (0.03%), Cholesterol: 172.93mg (57.64%), Sodium: 344.31mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.14g (114.28%), Selenium: 69.35µg (99.07%), Zinc: 14.57mg (97.11%), Vitamin B12: 4.71µg (78.43%), Vitamin B3: 13.91mg (69.55%), Vitamin B6: 1.15mg (57.38%), Phosphorus: 410.49mg (41.05%), Vitamin B2: 0.68mg (40.03%), Iron: 4.99mg (27.7%), Potassium: 768.34mg (21.95%), Vitamin B1: 0.25mg (16.8%), Magnesium: 60.29mg (15.07%), Copper: 0.23mg (11.37%), Vitamin K: 11.52µg (10.97%), Vitamin E: 1.36mg (9.09%), Calcium: 23.12mg (2.31%), Vitamin A: 113.13IU (2.26%), Folate: 8.85µg (2.21%), Vitamin D: 0.28µg (1.89%), Manganese: 0.02mg (1.23%)