



Grilled New York Strip Steak with Fire Roasted Salsa and Grilled Mushrooms and Asparagus



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch asparagus peeled
- ☐ 2 tablespoons balsamic vinegar for drizzling
- ☐ 3 large basil leaves
- ☐ 3 jalapeño peppers
- ☐ 4 tablespoons olive oil extra-virgin for drizzling
- ☐ 4 portobello mushroom caps
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 2 cups shiitake mushroom caps
- ☐ 4 new york strip steaks
- ☐ 4 tomatoes cored
- ☐ 1 large onion white peeled sliced into 1/ rounds

Equipment

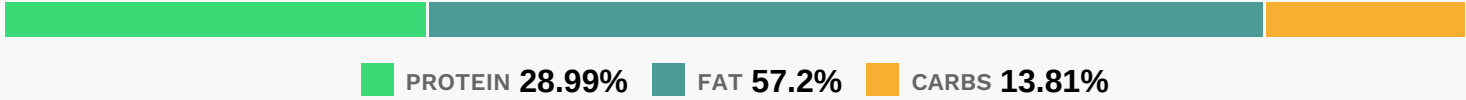
- ☐ blender
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill to high. Season steaks with salt and pepper and drizzle with olive oil.
- ☐ Toss the mushroom caps in 2 tablespoons olive oil and season with salt and freshly ground black pepper.
- ☐ Place the steaks on the hottest part of the grill.
- ☐ Place smaller mushrooms around the edges of the grill. Cook the steak for 4 minutes on each side for medium rare, 8 minutes on each side for well done. Cook the portobellos for 2 minutes on each side, and the shiitakes for about 1 to 2 minutes on each side.
- ☐ Coat your onion slices, asparagus, tomatoes and jalapenos in 2 tablespoons olive oil. Season with salt and pepper.
- ☐ Add to the hot grill. Cook the asparagus, onion slices and tomatoes for 4 minutes on each side.
- ☐ Remove from the grill.
- ☐ Remove charred loose rings from the onion rounds and place into the blender.
- ☐ Remove the skins and seeds from the tomatoes, and discard.
- ☐ Add tomatoes to the blender.
- ☐ Remove the skin and the seeds from the jalapenos and discard. Mince the jalapenos and add to the blender. Finally add the basil leaves, olive oil and balsamic vinegar to the blender and pulse until chunky.
- ☐ Slice the steak and portobellos on a bias.

- ☐
- Serve on a platter with the asparagus, shiitakes and tomato salsa.
- ☐
- Drizzle with extra-virgin olive oil and balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:5.04, Inflammation Score:-9, Nutrition Score:47.903043477432%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 8.29mg, Isorhamnetin: 8.29mg, Isorhamnetin: 8.29mg, Isorhamnetin: 8.29mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 24.59mg, Quercetin: 24.59mg, Quercetin: 24.59mg, Quercetin: 24.59mg

Nutrients (% of daily need)

Calories: 720.78kcal (36.04%), Fat: 47.27g (72.72%), Saturated Fat: 16.3g (101.9%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 16.98g (6.17%), Sugar: 13.36g (14.84%), Cholesterol: 137.86mg (45.95%), Sodium: 147.62mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.9g (107.8%), Selenium: 80.03µg (114.33%), Vitamin B3: 21.23mg (106.17%), Zinc: 14.11mg (94.05%), Vitamin B6: 1.65mg (82.38%), Vitamin K: 71.84µg (68.42%), Phosphorus: 646.19mg (64.62%), Vitamin B2: 1.09mg (64.38%), Vitamin B12: 3.79µg (63.23%), Potassium: 1865.82mg (53.31%), Vitamin C: 38.43mg (46.59%), Copper: 0.89mg (44.31%), Iron: 7.61mg (42.28%), Vitamin A: 2039.3IU (40.79%), Manganese: 0.72mg (36.05%), Fiber: 8.72g (34.87%), Folate: 132.12µg (33.03%), Vitamin B1: 0.49mg (32.9%), Vitamin B5: 3.15mg (31.52%), Vitamin E: 4.36mg (29.03%), Magnesium: 105.99mg (26.5%), Calcium: 73.06mg (7.31%), Vitamin D: 0.93µg (6.2%)