



Grilled New York Strip Steak with Salsa Verde

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon anchovy paste
- ☐ 12 oz beef top loin steak boneless (New York strip,)
- ☐ 1.5 teaspoons bottled capers drained finely chopped
- ☐ 0.1 teaspoon dijon mustard
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 0.3 teaspoon garlic minced
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1.5 teaspoons red-wine vinegar

- ☐ 2 teaspoons water
- ☐ 1.5 tablespoons coarsely sandwich bread white firm crumbled

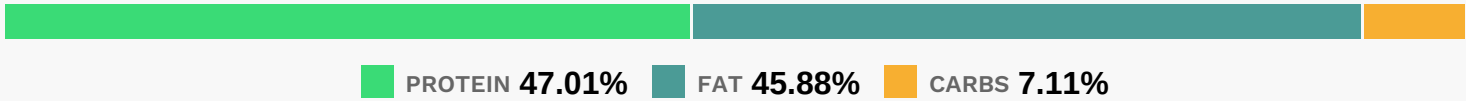
Equipment

- ☐ bowl
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill.
- ☐ Mash together bread crumbs, vinegar, capers, garlic, anchovy paste, and mustard using a mortar and pestle (or see cooks' note, below).
- ☐ Add parsley, oil, and salt and pepper to taste and stir until combined well. Stir in water.
- ☐ Pat steak dry and season on both sides with salt and pepper. When fire is hot (you can hold your hand 5 inches above rack for 1 to 2 seconds), grill steak on lightly oiled grill rack, uncovered, turning once, about 10 minutes total for medium-rare.
- ☐ Let stand 10 minutes.
- ☐ Stir sauce and serve with steak.
- ☐ * Also called "Kansas City" or "ambassador" steak.
- ☐ ·Sauce can also be whisked together in a small bowl. Mince and mash garlic to a paste with a pinch of salt before adding to bowl.

Nutrition Facts



Properties

Glycemic Index:168.78, Glycemic Load:7.93, Inflammation Score:-8, Nutrition Score:39.823912800654%

Flavonoids

Apigenin: 17.26mg, Apigenin: 17.26mg, Apigenin: 17.26mg, Apigenin: 17.26mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 4.06mg, Kaempferol: 4.06mg, Kaempferol: 4.06mg, Kaempferol: 4.06mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 5.21mg, Quercetin: 5.21mg,

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Nutrients (% of daily need)

Calories: 685.64kcal (34.28%), Fat: 34.03g (52.35%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 10.95g (3.98%), Sugar: 1.28g (1.42%), Cholesterol: 201.35mg (67.12%), Sodium: 419.91mg (18.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.46g (156.91%), Selenium: 110.8µg (158.28%), Vitamin K: 148.48µg (141.41%), Vitamin B3: 23.35mg (116.73%), Vitamin B6: 2.18mg (108.8%), Zinc: 13.93mg (92.88%), Phosphorus: 752.13mg (75.21%), Vitamin B12: 3.2µg (53.41%), Iron: 6.98mg (38.76%), Potassium: 1297.12mg (37.06%), Vitamin B2: 0.48mg (28.08%), Vitamin E: 4.14mg (27.6%), Vitamin B1: 0.38mg (25.22%), Vitamin B5: 2.39mg (23.9%), Magnesium: 90.63mg (22.66%), Folate: 81.86µg (20.46%), Copper: 0.32mg (16.01%), Calcium: 138.33mg (13.83%), Vitamin A: 679.09IU (13.58%), Vitamin C: 11.04mg (13.39%), Manganese: 0.2mg (10.16%), Fiber: 0.91g (3.65%)