



Grilled New York Strip with Chocolate Merlot Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



620 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces bittersweet chocolate coarsely chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 jalapeño finely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon onion soup mix
- ☐ 2 inch new york strip steaks thick
- ☐ 0.3 cup taco seasoning

- ☐ 1.5 cups merlot wine
- ☐ 1 medium onion yellow thinly sliced

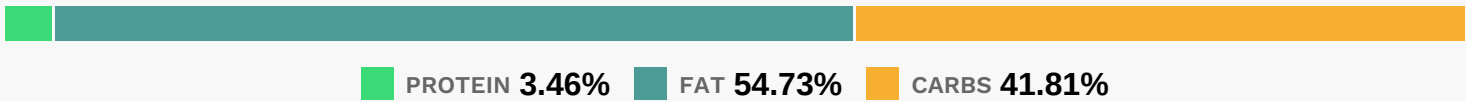
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a medium saucepan, heat oil over medium-high heat.
- ☐ Add onions, garlic, and jalapeno, saute until soft, about 5 minutes.
- ☐ Add Merlot and reduce by half over high heat. Reduce heat to low and stir in soup mix and chocolate. Stir until smooth. Keep warm on very low heat until ready to serve.
- ☐ Preheat grill pan over high heat. Season steaks with taco seasoning. Spray pan with cooking spray and grill to desired doneness.
- ☐ Serve steaks with chocolate Merlot sauce.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:17.103913173241%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg

Nutrients (% of daily need)

Calories: 619.74kcal (30.99%), Fat: 30.76g (47.32%), Saturated Fat: 11.5g (71.85%), Carbohydrates: 52.86g (17.62%), Net Carbohydrates: 42.46g (15.44%), Sugar: 25.41g (28.23%), Cholesterol: 4.1mg (1.37%), Sodium: 2704.93mg (117.61%), Alcohol: 18.72g (100%), Alcohol %: 7.03% (100%), Caffeine: 36.57mg (12.19%), Protein: 4.38g (8.76%), Vitamin A: 2873.33IU (57.47%), Manganese: 0.94mg (46.97%), Fiber: 10.4g (41.61%), Vitamin C: 26.74mg (32.42%), Iron: 5.7mg (31.68%), Copper: 0.59mg (29.61%), Magnesium: 104.73mg (26.18%), Phosphorus: 180.49mg (18.05%), Vitamin E: 2.54mg (16.91%), Potassium: 562.99mg (16.09%), Vitamin B6: 0.28mg (13.81%), Vitamin K: 13.15µg (12.52%), Zinc: 1.67mg (11.14%), Selenium: 5.47µg (7.81%), Calcium: 65.37mg (6.54%), Vitamin B2: 0.1mg (5.98%), Vitamin B3: 1.01mg (5.05%), Vitamin B1: 0.07mg (4.63%), Folate: 14.31µg (3.58%), Vitamin B5: 0.33mg (3.34%), Vitamin B12: 0.12µg (1.98%)