



Grilled Steak and Onions with Rosemary-Balsamic Butter Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons orange juice
- ☐ 2 large rosemary sprigs fresh
- ☐ 1 large shallots minced
- ☐ 5 inch new york strip steaks (each 6 ounces)
- ☐ 2 pounds onions mixed sweet

- ☐ 8 tablespoons butter unsalted chilled divided (1 stick)

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ toothpicks
- ☐ grill
- ☐ skewers

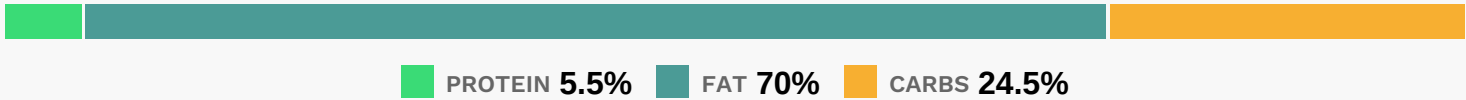
Directions

- ☐ Melt 6 tablespoons butter in heavy small saucepan over medium heat.
- ☐ Add minced shallot and cook until translucent, about 2 minutes.
- ☐ Add vinegar and rosemary and simmer until syrupy and reduced to 1/2 cup, about 6 minutes.
- ☐ Remove from heat (balsamic sauce will separate as it stands).
- ☐ Prepare barbecue (medium-high heat). Peel sweet onions, then cut into 1/2-inch-thick rounds. Skewer horizontally with toothpicks to keep intact. Peel shallots; cut in half lengthwise. Trim root ends and tops of leeks.
- ☐ Cut in half lengthwise; rinse to remove any dirt. Trim root ends of green onions.
- ☐ Place sweet onions, shallots, leeks, and green onions on rimmed baking sheet and drizzle with oil; toss.
- ☐ Sprinkle with salt and pepper.
- ☐ Sprinkle steaks with salt and pepper. Grill sweet onions, shallots, leeks, and green onions until tender, turning often, about 5 minutes for green onions and 10 minutes for sweet onions, shallots, and leeks. Move onions to cooler part of grill to keep warm. Grill steaks to desired doneness, about 7 minutes per side for medium-rare.
- ☐ Transfer steaks and onions to platter; cover.
- ☐ Remove rosemary sprigs from balsamic sauce; add orange juice and bring to simmer.
- ☐ Remove saucepan from heat; add remaining 2 tablespoons chilled butter and whisk until melted and sauce is smooth. Season sauce to taste with salt and pepper.

- ☐
- Drizzle some of sauce over steaks and onions.

☐

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:6.86, Inflammation Score:-10, Nutrition Score:20.474782741588%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg Quercetin: 24.24mg, Quercetin: 24.24mg, Quercetin: 24.24mg, Quercetin: 24.24mg

Nutrients (% of daily need)

Calories: 378.85kcal (18.94%), Fat: 30.64g (47.14%), Saturated Fat: 15.64g (97.74%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 17.95g (6.53%), Sugar: 11.27g (12.52%), Cholesterol: 62.14mg (20.71%), Sodium: 49.45mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.83%), Vitamin K: 475.75µg (453.09%), Vitamin A: 2993.22IU (59.86%), Vitamin C: 47.5mg (57.57%), Folate: 151.3µg (37.83%), Fiber: 6.18g (24.74%), Manganese: 0.43mg (21.5%), Iron: 3.81mg (21.17%), Potassium: 718.17mg (20.52%), Vitamin E: 2.91mg (19.41%), Calcium: 183.74mg (18.37%), Magnesium: 53.11mg (13.28%), Vitamin B2: 0.2mg (11.95%), Copper: 0.21mg (10.71%), Phosphorus: 106.79mg (10.68%), Vitamin B1: 0.14mg (9.37%), Vitamin B6: 0.18mg (8.92%), Zinc: 1.13mg (7.55%), Vitamin B3: 1.41mg (7.04%), Selenium: 2.5µg (3.57%), Vitamin D: 0.42µg (2.82%), Vitamin B5: 0.24mg (2.39%), Vitamin B12: 0.1µg (1.67%)