



Grilled Steak and Peach Salad

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 pound cheese blue crumbled
- ☐ 1 pinch cayenne pepper
- ☐ 3 tablespoons basil fresh thinly sliced
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 teaspoons chives fresh minced
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 3 ounces mesclun greens

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.3 cups olive oil extra-virgin
- ☐ 2 peaches pitted halved
- ☐ 1 tablespoon red wine vinegar
- ☐ 3 sprigs rosemary
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 12 ounce new york strip steak

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ cutting board

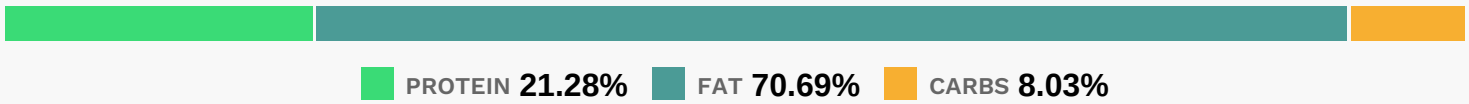
Directions

- ☐ Heat the olive oil and rosemary in a small saucepan over low heat, 8 minutes.
- ☐ Remove from the heat and let cool to room temperature. Pat the steak dry, season with salt and black pepper and place in a shallow glass pan.
- ☐ Pour 1 cup of the infused oil over the steak; cover and refrigerate 3 hours, turning the steak occasionally.
- ☐ Remove from the refrigerator about 45 minutes before cooking.
- ☐ Heat a grill pan over medium-high heat until very hot. Season the steak with salt and black pepper and grill 5 minutes per side for medium rare.
- ☐ Remove to a cutting board and let rest 10 minutes before slicing.
- ☐ Whisk half of the blue cheese with the sour cream, lemon juice, vinegar and cayenne in a bowl until smooth. Fold in the chives; cover and chill until ready to serve.

- ☐
- Brush the cut side of the peaches with the remaining 1/4 cup infused oil.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:115.81, Glycemic Load:3.54, Inflammation Score:-8, Nutrition Score:20.353043312612%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 591.32kcal (29.57%), Fat: 46.68g (71.82%), Saturated Fat: 19.62g (122.66%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 10.51g (3.82%), Sugar: 7.37g (8.19%), Cholesterol: 121.87mg (40.62%), Sodium: 719.38mg (31.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.23%), Selenium: 30.7µg (43.85%), Phosphorus: 428.05mg (42.8%), Calcium: 370.95mg (37.1%), Vitamin B6: 0.67mg (33.66%), Zinc: 4.82mg (32.15%), Vitamin B3: 6.19mg (30.94%), Vitamin B12: 1.57µg (26.09%), Vitamin A: 1291.81IU (25.84%), Vitamin B2: 0.41mg (23.9%), Vitamin K: 24.13µg (22.98%), Vitamin E: 3.06mg (20.4%), Potassium: 635.91mg (18.17%), Vitamin B5: 1.7mg (16.98%), Vitamin C: 12.02mg (14.57%), Iron: 2.61mg (14.51%), Manganese: 0.29mg (14.28%), Folate: 52.24µg (13.06%), Magnesium: 49.95mg (12.49%), Copper: 0.18mg (9.03%), Vitamin B1: 0.12mg (7.71%), Fiber: 1.43g (5.72%), Vitamin D: 0.28µg (1.89%)