





Grilled Steak with Caramelized Onions, Blue Cheese, Wild Mushroom Relish and Roasted Red Pepper Sauce

 Very Healthy

READY IN

510 min.

SERVINGS

4

CALORIES

1582 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- 1 ancho chile coarsely chopped
- 4 servings ancho chile powder
- 2 tablespoons balsamic vinegar
- 8 ounces cheese blue crumbled
- 1 new mexican chile coarsely chopped
- 2 teaspoons chipotle puree

- 4 servings cilantro leaves chopped
- 0.5 cup cooking wine dry white
- 1 pound flank steak
- 12 6-inch flour tortillas ()
- 1 tablespoon thyme leaves fresh finely chopped
- 2 cloves garlic finely chopped
- 6 cloves garlic coarsely chopped
- 2 tablespoons honey
- 2 tablespoons juice of lime fresh
- 1 lime zest coarsely chopped
- 1.5 pounds mushrooms coarsely chopped (cremini, shiitake, oyster)
- 0.8 cup olive oil
- 3 tablespoons olive oil
- 4 servings olive oil
- 3 tablespoons parsley finely chopped
- 2 bell peppers red peeled seeded coarsely chopped
- 3 tablespoons onion red chopped
- 2 onions red peeled thinly sliced
- 4 servings salt and pepper
- 4 servings salt and pepper freshly ground
- 4 servings salt and pepper freshly ground to taste
- 1 pound cheddar white grated

Equipment

- frying pan
- baking sheet
- oven
- blender
- baking pan

- grill
- grill pan

Directions

- Combine oil, garlic, chiles, and lime zest in a large shallow baking dish.
- Add steak and turn to coat. Cover and refrigerate for at least 4 hours or overnight. Preheat grill or grill pan over high heat.
- Remove steak from marinade, season with salt and pepper and grill for 2 to 3 minutes on either side until golden brown and cooked to medium-rare doneness.
- Let rest 5 minutes and slice on the bias into 1/2 inch thick slices. Preheat oven to 425 degrees F.
- Place 8 tortillas on a flat work surface. Top each tortilla with 2 ounces of the cheddar. Divide the onions and steak over the cheese. Crumble 1 ounce of the blue cheese on top of the steak. Stack the tortillas to make 4 (2-layer) quesadillas and top each with the remaining tortillas.
- Brush the tops with olive oil and sprinkle with about 1/2 teaspoon of ancho chile powder. Carefully transfer the quesadillas to a baking sheet and bake in the oven until golden brown and the cheese has melted, about 5 to 7 minutes.
- Serve each with a large dollop of the Mushroom Relish on top and garnish with chopped cilantro and Roasted Red Pepper Sauce.
- Heat oil in a large saute pan over medium heat.
- Heat oil in a large saute pan over high heat.
- Add the mushrooms and cook until golden brown.
- Add the garlic and cook for 1 minute.
- Add the wine and cook until completely reduced. Stir in the vinegar, thyme and parsley and season with salt and pepper, to taste.
- Place peppers, onion, chipotle, lime juice and honey in a blender and blend until smooth. With the motor running, slowly add the oil and blend until emulsified. Season with salt and pepper, to taste.

Nutrition Facts



■ PROTEIN 19.92% ■ FAT 57.93% ■ CARBS 22.15%

Properties

Glycemic Index:142.32, Glycemic Load:25.18, Inflammation Score:-10, Nutrition Score:65.780434857244%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 8mg, Hesperetin: 8mg, Hesperetin: 8mg, Hesperetin: 8mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 6.57mg, Apigenin: 6.57mg, Apigenin: 6.57mg, Apigenin: 6.57mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 13.11mg, Quercetin: 13.11mg, Quercetin: 13.11mg, Quercetin: 13.11mg

Nutrients (% of daily need)

Calories: 1582.05kcal (79.1%), Fat: 102.07g (157.04%), Saturated Fat: 42.15g (263.42%), Carbohydrates: 87.82g (29.27%), Net Carbohydrates: 76.05g (27.65%), Sugar: 27.61g (30.68%), Cholesterol: 223.96mg (74.65%), Sodium: 2760.52mg (120.02%), Alcohol: 3.09g (100%), Alcohol %: 0.47% (100%), Protein: 78.99g (157.97%), Selenium: 111.84µg (159.78%), Vitamin C: 119.15mg (144.43%), Phosphorus: 1382.11mg (138.21%), Vitamin A: 6806.26IU (136.13%), Calcium: 1326.97mg (132.7%), Vitamin B2: 2.02mg (118.64%), Vitamin B3: 19.81mg (99.03%), Vitamin K: 97.75µg (93.09%), Vitamin B6: 1.62mg (80.86%), Zinc: 12.06mg (80.4%), Folate: 227.53µg (56.88%), Vitamin B1: 0.83mg (55.09%), Vitamin E: 8.18mg (54.56%), Vitamin B5: 5.37mg (53.68%), Potassium: 1842.09mg (52.63%), Manganese: 1.02mg (51.07%), Vitamin B12: 2.99µg (49.9%), Iron: 8.73mg (48.5%), Fiber: 11.78g (47.11%), Copper: 0.92mg (45.96%), Magnesium: 141.99mg (35.5%), Vitamin D: 1.3µg (8.69%)