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Grilled Steak with Cilantro, Scallion and Cumin Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1093 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 5 garlic cloves
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 lime
- ☐ 4 tablespoons olive oil
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoon scallions fresh finely chopped

- ☐ 4 t-bone steaks
- ☐ 1 stick butter unsalted at room temperature
- ☐ 3 tablespoons vinegar white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ plastic wrap
- ☐ grill
- ☐ broiler
- ☐ spatula

Directions

- ☐ To make the butter: In a small bowl, using a fork, mix the herbs, cumin, a pinch of salt and a some grinds of pepper into the butter. Squeeze the juice from the lime into the butter and mix it. Using a spatula, scrape the butter out of the bowl onto waxed paper or plastic wrap.
- ☐ Roll the paper over the butter and form a log. Continue rolling the paper, or plastic, around the butter and twist both ends. Refrigerate until ready to use. Keep up to 4 days, or freeze up to 1 month. In a food processor, combine the olive oil, vinegar and garlic and process until finely chopped. Season the steaks with salt and pepper and place them in a dish, then add the marinade and turn to coat.
- ☐ Place in the fridge for about 30 minutes to 2 hours.
- ☐ Heat the grill and oil the grill rack, or preheat a broiler.
- ☐ Remove the steaks from the marinade.
- ☐ Place the steaks on the grill rack, or put them on a baking sheet and place under the broiler. Cook, turning the steaks once, for about 8 minutes total for medium-rare, or until done to your liking. Top the steaks with the butter and serve immediately.

Nutrition Facts



 PROTEIN **26.33%**  FAT **72.87%**  CARBS **0.8%**

Properties

Glycemic Index:45.25, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:30.41521750844%

Flavonoids

Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 1093.02kcal (54.65%), Fat: 87.45g (134.53%), Saturated Fat: 36.89g (230.56%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.21g (0.24%), Cholesterol: 251.14mg (83.71%), Sodium: 383.2mg (16.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.11g (142.21%), Vitamin B12: 9.5µg (158.33%), Selenium: 57.04µg (81.48%), Zinc: 11.26mg (75.1%), Vitamin B6: 1.35mg (67.28%), Vitamin B3: 12.43mg (62.15%), Phosphorus: 609.1mg (60.91%), Iron: 7.39mg (41.08%), Vitamin B2: 0.63mg (37.12%), Potassium: 1095.89mg (31.31%), Vitamin B1: 0.36mg (23.68%), Vitamin E: 2.72mg (18.16%), Magnesium: 72.39mg (18.1%), Vitamin K: 17.66µg (16.82%), Vitamin A: 764.9IU (15.3%), Copper: 0.3mg (14.77%), Vitamin B5: 1.12mg (11.2%), Manganese: 0.14mg (6.91%), Folate: 23.85µg (5.96%), Calcium: 43.35mg (4.33%), Vitamin C: 3.07mg (3.72%), Vitamin D: 0.42µg (2.83%), Fiber: 0.33g (1.34%)