



Grilled Steaks Balsamico

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup balsamic vinaigrette
- 6.5 ounce alouette garlic & herbs spreadable cheese
- 24 ounce beef chuck steaks boneless
- 0.3 cup let set min. spread
- 1 teaspoon pepper freshly ground
- 1 teaspoon salt

Equipment

- sauce pan

blender

grill

Directions

Process vinaigrette and preserves in a blender until smooth.

Place steaks and vinaigrette mixture in a shallow dish or a large zip-top plastic freezer bag. Cover or seal, and chill at least 2 hours.

Remove steaks from marinade, discarding marinade.

Grill, covered with grill lid, over medium-high heat (350 to 40

to 7 minutes on each side or until desired degree of doneness.

Remove to a serving platter, and sprinkle evenly with salt and pepper; keep warm.

Heat cheese in a small saucepan over low heat, stirring often, 2 to 4 minutes or until melted.

Serve cheese sauce with steaks.

Note: For testing purposes only, we used Alouette Garlic + Herbs

Spreadable Cheese.

Nutrition Facts


PROTEIN 19.09% **FAT 71.64%** **CARBS 9.27%**

Properties

Glycemic Index:21.75, Glycemic Load:5.28, Inflammation Score:-1, Nutrition Score:18.144782395467%

Nutrients (% of daily need)

Calories: 712.04kcal (35.6%), Fat: 57.01g (87.7%), Saturated Fat: 21.63g (135.22%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 16.31g (5.93%), Sugar: 8.1g (9%), Cholesterol: 165.74mg (55.25%), Sodium: 1305.99mg (56.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.38%), Zinc: 12.53mg (83.57%), Vitamin B12: 4.49µg (74.84%), Selenium: 33.82µg (48.31%), Vitamin B3: 7.46mg (37.28%), Vitamin B6: 0.69mg (34.66%), Phosphorus: 316.43mg (31.64%), Iron: 3.76mg (20.9%), Potassium: 599.28mg (17.12%), Vitamin B2: 0.25mg (14.99%), Vitamin B5: 1.13mg (11.26%), Vitamin B1: 0.14mg (9.03%), Magnesium: 35.45mg (8.86%), Copper: 0.13mg (6.33%), Manganese: 0.09mg (4.31%), Calcium: 33.12mg (3.31%), Vitamin K: 3.37µg (3.21%), Vitamin E: 0.26mg (1.73%), Folate: 6.73µg (1.68%), Vitamin C: 1.23mg (1.49%), Vitamin D: 0.17µg (1.13%), Fiber: 0.28g (1.12%)