



Grilled Steaks with Blue Cheese and Chiles

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounces beef tenderloin steaks 1-inch-thick
- ☐ 1 ounce cheese blue crumbled finely
- ☐ 2 ounces cream cheese room temperature
- ☐ 3 teaspoons parsley fresh divided minced
- ☐ 2 garlic clove minced
- ☐ 1.5 tablespoons olive oil
- ☐ 2 tablespoons jalapeno green red seeded finely chopped
- ☐ 1 shallots finely chopped

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0.8 teaspoon citrus champagne vinegar

Equipment

☐

bowl

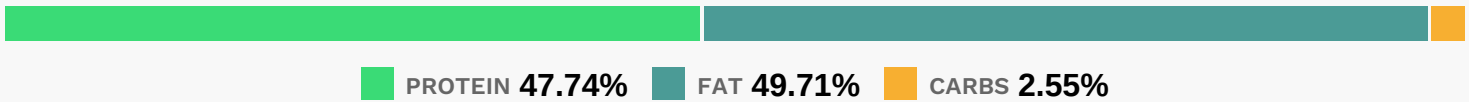
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grill

Directions

- ☐
- Combine olive oil, 2 teaspoons parsley, and garlic in 8x8x2-inch glass dish.
- ☐
- Sprinkle steaks with salt and pepper.
- ☐
- Add steaks to dish and turn to coat. Marinate steaks 30 minutes or cover and chill up to 1 day.
- ☐
- Mix cream cheese, blue cheese, chiles, shallot, vinegar, and remaining 1 teaspoon parsley in medium bowl. Season blue cheese topping to taste with salt and pepper.
- ☐
- Prepare barbecue (medium-high heat).
- ☐
- Place steaks on grill rack (some marinade should still cling to meat). Cook 5 minutes. Turn steaks over. Divide blue cheese topping among steaks. Grill until topping softens and steaks are medium-rare, about 5 minutes longer.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:18.958260571179%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 339.04kcal (16.95%), Fat: 18.22g (28.04%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.98g (1.09%), Cholesterol: 121.95mg (40.65%), Sodium: 178.82mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.38g (78.75%), Selenium: 53.59µg (76.56%), Vitamin B6: 1.12mg (56.14%), Vitamin B3: 11.03mg (55.17%), Zinc: 6.97mg (46.45%), Phosphorus: 390.13mg (39.01%), Vitamin B12: 1.66µg (27.67%), Potassium: 661.07mg (18.89%), Iron: 2.89mg (16.05%), Vitamin B2: 0.25mg (14.51%), Vitamin B5:

1.27mg (12.66%), Magnesium: 43.37mg (10.84%), Vitamin C: 7.8mg (9.45%), Vitamin B1: 0.14mg (9.17%), Vitamin E: 1.16mg (7.74%), Calcium: 75.72mg (7.57%), Copper: 0.15mg (7.3%), Folate: 27.32µg (6.83%), Vitamin K: 6.02µg (5.73%), Vitamin A: 214.35IU (4.29%), Manganese: 0.06mg (2.93%)