



Grilled Strip Steaks with Balsamic Onions

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium onion red thinly sliced
- 0.3 cup balsamic vinaigrette
- 1 cup mushrooms fresh sliced
- 24 oz pork loin chops boneless (New York strip)
- 0.5 teaspoon salt
- 0.5 teaspoon chili powder
- 0.5 teaspoon highest available proof grain spirit
- 0.3 teaspoon ground cumin

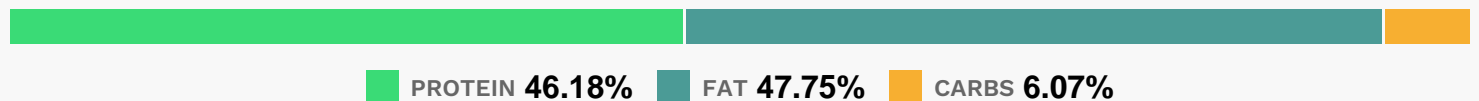
Equipment

- bowl
- grill
- tongs

Directions

- Heat closed medium-size contact grill for 5 minutes. In medium bowl, toss onion with dressing.
- Remove onion from dressing with tongs; place on grill. Reserve dressing in bowl. Close grill. Grill 4 minutes.
- Meanwhile, toss mushrooms with dressing in bowl.
- Add mushrooms to grill with onions. Close grill. Grill 2 to 4 minutes or until vegetables are tender.
- Remove vegetables from grill; cover to keep warm.
- Brush beef steaks with remaining dressing in bowl.
- Sprinkle both sides of steaks with salt, chili powder, garlic pepper and cumin.
- Place on grill. Close grill. Grill 3 to 5 minutes or until desired doneness.
- Serve onions and mushrooms with steaks.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:21.372173672137%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 337.39kcal (16.87%), Fat: 17.39g (26.76%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.17g (2.41%), Cholesterol: 113.97mg (37.99%), Sodium: 511.73mg (22.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.85g (75.69%), Selenium: 58.75µg (83.92%), Vitamin B1: 1.17mg (77.92%), Vitamin B3: 14.56mg (72.81%), Vitamin B6: 1.3mg (65.05%), Phosphorus: 417.08mg (41.71%), Vitamin B2: 0.42mg (24.88%), Potassium: 760.73mg (21.74%), Zinc: 2.86mg (19.08%), Vitamin B5: 1.64mg (16.39%), Vitamin B12: 0.91µg (15.19%), Magnesium: 51.06mg (12.77%), Copper: 0.19mg (9.47%), Iron: 1.17mg (6.49%), Vitamin D: 0.73µg (4.86%), Manganese: 0.08mg (3.8%), Fiber: 0.85g (3.38%), Vitamin C: 2.55mg (3.09%), Folate: 9.97µg (2.49%), Calcium: 22.72mg (2.27%), Vitamin E: 0.33mg (2.22%), Vitamin A: 83.18IU (1.66%)