



Herb-Rubbed New York Strip with Sautéed Peas and Carrots

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 baby carrots halved lengthwise
- 0.5 teaspoon pepper black divided
- 1 teaspoon canola oil
- 2 teaspoons thyme sprigs fresh chopped
- 2 teaspoons oregano fresh chopped
- 1.5 cups peas green frozen
- 4 servings potatoes

- 0.4 teaspoon salt divided
- 16 ounce steaks trimmed
- 3 slices thick-cut bacon
- 2 teaspoons butter unsalted
- 0.8 cup water

Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Sprinkle steaks with thyme, chopped oregano, 1/4 teaspoon salt, and 1/4 teaspoon pepper; press mixture into steaks. Melt butter in a large skillet over medium-high heat.
- Add oil to pan; swirl.
- Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
- Let stand 5 minutes; cut across the grain into thin slices.
- Combine 3/4 cup water and carrots in a large skillet over medium-high heat. Cover and bring to a boil. Cook 6 minutes or until carrots are tender.
- Remove carrots from pan. Wipe pan with a paper towel. Return pan to medium-high heat.
- Add bacon to pan; cook 4 minutes or until crisp.
- Remove bacon from pan with a slotted spoon; crumble.
- Add carrots to drippings in pan; saut 1 1/2 minutes.
- Add peas; saut 2 minutes or until heated.
- Sprinkle with remaining 1/8 teaspoon salt, remaining 1/4 teaspoon pepper, and crumbled bacon.
- Serve vegetables with steak; garnish with oregano leaves, if desired.

Nutrition Facts



■ PROTEIN 23.68% ■ FAT 49.56% ■ CARBS 26.76%

Properties

Glycemic Index:52.52, Glycemic Load:21.37, Inflammation Score:0, Nutrition Score:28.924782752991%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 544.3kcal (27.22%), Fat: 30.22g (46.49%), Saturated Fat: 12.19g (76.16%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 29.25g (10.64%), Sugar: 5.01g (5.57%), Cholesterol: 92.37mg (30.79%), Sodium: 482.02mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.98%), Vitamin C: 53.31mg (64.62%), Vitamin B6: 1.09mg (54.46%), Vitamin A: 2642.83IU (52.86%), Selenium: 34.74µg (49.63%), Zinc: 7.33mg (48.84%), Vitamin B3: 9.51mg (47.54%), Phosphorus: 354.13mg (35.41%), Potassium: 1179.75mg (33.71%), Vitamin B12: 2.02µg (33.69%), Fiber: 7.46g (29.85%), Vitamin B1: 0.45mg (29.74%), Manganese: 0.58mg (28.88%), Iron: 4.73mg (26.29%), Vitamin K: 26.96µg (25.68%), Vitamin B2: 0.43mg (25.26%), Magnesium: 86.22mg (21.56%), Copper: 0.4mg (19.77%), Folate: 69.73µg (17.43%), Vitamin B5: 0.73mg (7.3%), Calcium: 68.87mg (6.89%), Vitamin E: 0.62mg (4.13%), Vitamin D: 0.26µg (1.73%)