



Herb-Rubbed New York Strip with Sautéed Peas and Carrots



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

SEASONING

MARINADE

Ingredients

- ☐ 6 baby carrots halved lengthwise
- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 teaspoon canola oil
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 1.5 cups peas green frozen
- ☐ 4 servings roasted potato wedges

- ☐ 0.4 teaspoon salt divided
- ☐ 16 ounce new york strip steaks trimmed
- ☐ 3 slices center-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



Properties

Glycemic Index:52.52, Glycemic Load:2.32, Inflammation Score:-10, Nutrition Score:20.942608843679%

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 385.79kcal (19.29%), Fat: 25.92g (39.87%), Saturated Fat: 10.75g (67.19%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 6.36g (2.31%), Sugar: 3.85g (4.28%), Cholesterol: 85.44mg (28.48%), Sodium: 403.57mg (17.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.31%), Vitamin A: 2635.97IU (52.72%), Selenium: 32.19µg (45.98%), Zinc: 6.77mg (45.13%), Vitamin B3: 7.51mg (37.57%), Vitamin B12: 1.97µg (32.82%), Vitamin B6: 0.62mg (31.08%), Vitamin C: 23.96mg (29.04%), Phosphorus: 254.08mg (25.41%), Vitamin K: 24.13µg (22.98%), Vitamin B2: 0.37mg (21.95%), Vitamin B1: 0.3mg (19.86%), Iron: 3.53mg (19.6%), Manganese: 0.35mg (17.43%), Fiber: 4.18g (16.74%), Potassium: 531.67mg (15.19%), Magnesium: 50.69mg (12.67%), Copper: 0.23mg (11.5%), Folate: 45.89µg (11.47%), Calcium: 50.47mg (5.05%), Vitamin E: 0.56mg (3.73%), Vitamin B5: 0.23mg (2.31%), Vitamin D: 0.22µg (1.45%)