



House Fire Steak and Sugar-Grilled Asparagus

 Gluten Free

READY IN



38 min.

SERVINGS



3

CALORIES



1944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bundle asparagus
- 3 untreated cedar shingles (approximately 1/, not thicker then)
- 2 tablespoon rosemary leaves fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 1 tablespoon garlic diced
- 1 teaspoons kosher salt
- 2 tablespoons marjoram leaves fresh chopped
- 0.3 cup olive oil

- 2 tablespoons olive oil
- 0.5 orange zest
- 1 pound butter salted softened
- 1 tablespoon steak seasoning (recommended: Montreal Steak Seasoning)
- 24 ounce new york strip steaks
- 0.5 cup sugar

Equipment

- bowl
- grill
- zester

Directions

- Special equipment: A gas grill, a zester
- Preheat the grill to medium-high heat.
- Cut the cedar shingles down to size, about 10 by 5-inches, large enough for a steak to sit on it as a cooking surface. Spray shingles with water, so shingles are moist but not saturated. Oil the steaks and season with steak seasoning.
- Place each steak on a moist cedar shingle and place on grill. Close grill and let shingles smoke under steaks. If you don't have a covered grill, use a metal bowl to cover steak. Be careful, bowl will get burning hot. Cook steak until desired temperature and top each with 1 tablespoon Herb Butter.
- Serve on the cedar shingle with Sugar Grilled Asparagus.
- Mix garlic and herbs into the softened butter. Put in refrigerator for later use.
- Preheat grill to medium-high heat.
- Cut the tough ends off asparagus, roll in oil and coat with sugar and salt.
- Place asparagus on the grill and cook for approximately 10 to 15 minutes. Turn asparagus to ensure even cooking. You know the asparagus are done when sugar is caramelized and asparagus are starting to look burnt.
- Sprinkle orange zest over asparagus before serving.

Nutrition Facts

PROTEIN 9.63% FAT 82.85% CARBS 7.52%

Properties

Glycemic Index:86.36, Glycemic Load:23.83, Inflammation Score:-10, Nutrition Score:33.017391028612%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 3.02mg, Apigenin: 3.02mg, Apigenin: 3.02mg, Apigenin: 3.02mg Luteolin: 2.19mg, Luteolin: 2.19mg, Luteolin: 2.19mg, Luteolin: 2.19mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 1943.8kcal (97.19%), Fat: 182.42g (280.65%), Saturated Fat: 95.86g (599.15%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 35.84g (13.03%), Sugar: 33.54g (37.26%), Cholesterol: 463.42mg (154.47%), Sodium: 1868.67mg (81.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.7g (95.41%), Vitamin A: 4269.52IU (85.39%), Selenium: 57.67µg (82.39%), Zinc: 11.99mg (79.96%), Vitamin B12: 4.02µg (67.03%), Vitamin K: 65.31µg (62.2%), Vitamin B3: 11.41mg (57.05%), Vitamin E: 7.54mg (50.26%), Vitamin B6: 0.99mg (49.52%), Phosphorus: 379.03mg (37.9%), Vitamin B2: 0.64mg (37.64%), Iron: 5.74mg (31.88%), Potassium: 724.74mg (20.71%), Vitamin C: 13.55mg (16.42%), Magnesium: 64.86mg (16.21%), Vitamin B1: 0.23mg (15.33%), Manganese: 0.24mg (12.15%), Copper: 0.24mg (12.14%), Calcium: 100.82mg (10.08%), Fiber: 1.42g (5.66%), Folate: 22.21µg (5.55%), Vitamin B5: 0.24mg (2.42%), Vitamin D: 0.23µg (1.51%)