




 **57%**  
HEALTH SCORE

## Jessica's Steak Oscar


 **Gluten Free**

READY IN




**40 min.**

SERVINGS



**2**

CALORIES



**951 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound asparagus
- 14 ounce beef tenderloin steaks
- 0.5 cup butter
- 6 ounce crabmeat drained canned
- 2 servings pepper black to taste
- 1 packet bearnaise sauce mix dry knorr® (such as )
- 1 cup milk whole

### Equipment

- frying pan
- sauce pan
- oven
- whisk
- broiler

## Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Sprinkle the filets with salt and pepper.
- In a small saucepan over low heat, melt 1/4 cup of butter; gently stir in the crab meat, and simmer while you broil the filets.
- Broil the filets until they reach the desired stage of doneness; for medium (slightly pink in the center), broil 10 to 12 minutes on the first side and 6 minutes on the second side. Set the filets aside to rest.
- Place a steamer insert into a skillet, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- Add the asparagus, recover, and steam until just tender, 2 to 6 minutes depending on thickness.
- Whisk Bearnaise sauce mix with milk in a saucepan.
- Add 1/2 cup of butter, and bring the sauce to a boil over medium heat, whisking constantly; reduce heat to a simmer, and whisk until sauce has thickened, about 1 minute.
- To assemble, top each broiled filet with crab meat, then half the asparagus; spoon Bearnaise sauce to taste over the asparagus.

## Nutrition Facts



## Properties

Glycemic Index:76, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:51.896957024284%

## Flavonoids

Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg

## Nutrients (% of daily need)

Calories: 950.62kcal (47.53%), Fat: 62.6g (96.31%), Saturated Fat: 36.05g (225.31%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 24.36g (8.86%), Sugar: 17.44g (19.38%), Cholesterol: 346.16mg (115.39%), Sodium: 1004.76mg (43.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.48g (136.97%), Selenium: 105.12µg (150.17%), Vitamin K: 101.49µg (96.65%), Vitamin B12: 5.43µg (90.55%), Vitamin B3: 17.43mg (87.13%), Phosphorus: 868.7mg (86.87%), Zinc: 12.9mg (85.97%), Vitamin B6: 1.65mg (82.49%), Vitamin A: 3332.65IU (66.65%), Copper: 1.27mg (63.72%), Vitamin B2: 0.82mg (48.29%), Folate: 188.83µg (47.21%), Iron: 8.47mg (47.08%), Potassium: 1578.85mg (45.11%), Vitamin E: 6.12mg (40.81%), Vitamin B1: 0.56mg (37.47%), Calcium: 339.61mg (33.96%), Vitamin B5: 3.27mg (32.74%), Magnesium: 123.96mg (30.99%), Manganese: 0.46mg (23.04%), Fiber: 4.79g (19.15%), Vitamin C: 15.51mg (18.8%), Vitamin D: 1.34µg (8.95%)