



Marinated Steaks With Asparagus Topped With Garlic Breadcrumbs A

READY IN



60 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 500 g asparagus ends trimmed
- 1 tablespoon balsamic vinegar
- 2 tablespoons basil finely chopped
- 0.5 cup breadcrumbs
- 2 tablespoons brown sugar
- 20 g butter
- 50 g butter
- 0.5 cup wine dry red

- 800 g frangelico
- 2 garlic clove crushed
- 3 garlic clove crushed
- 1 teaspoon garlic powder (approximate amount enough to sprinkle over mushrooms.)
- 2 hardboiled eggs chopped finely
- 2 tablespoons honey
- 1 teaspoon lemon pepper (Again approximate amount.)
- 4 large mushrooms
- 1.5 tablespoons olive oil
- 2 tablespoons parsley finely chopped
- 5 small onion red sliced
- 50 ml red wine vinegar
- 1 tablespoon worcestershire sauce

Equipment

- frying pan
- oven
- baking pan
- grill
- microwave

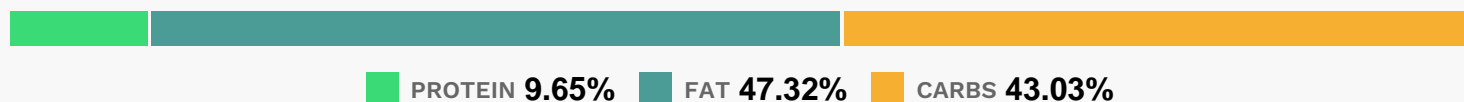
Directions

- Combine all the marinade ingredients, add steaks cover and refrigerate several hours or overnight. (Preferably overnight turning occasionally).Preheat oven to 200C.
- Place mushrooms in baking dish drizzle with oil, sprinkle with garlic and lemon pepper.
- Bake, uncovered for about 25 minutes or until tender.Melt the butter in a pan and cook onion until soft and browned slightly. Cook stirring occasionally about 20 Min's or until onions are browned and mixture has thickened.Cook the steaks on the BBQ, Under the grill or in a large pan until desired doneness. Depending on thickness cooking time will vary, generally, sear each steak 1-2 minutes a side, then cook for a further 4-5 minutes a side for medium rare.To

serve: Top each steak with a mushroom and a little caramelised onion with asparagus on the side. Method for the asparagus: Melt half the butter and honey in a pan, add garlic and breadcrumbs, cook stirring until breadcrumbs are crisp. Boil, Steam or microwave asparagus until just tender, drain.

- Serve asparagus drizzled with remaining melted butter and honey, scatter breadcrumb mixture, chopped egg and parsley over the top.

Nutrition Facts



Properties

Glycemic Index:123.07, Glycemic Load:9.03, Inflammation Score:-9, Nutrition Score:23.201739114264%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 14.02mg, Isorhamnetin: 14.02mg, Isorhamnetin: 14.02mg, Isorhamnetin: 14.02mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 45.63mg, Quercetin: 45.63mg, Quercetin: 45.63mg, Quercetin: 45.63mg

Nutrients (% of daily need)

Calories: 448.11kcal (22.41%), Fat: 23.24g (35.75%), Saturated Fat: 10.83g (67.71%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 41.38g (15.05%), Sugar: 25.31g (28.12%), Cholesterol: 130.88mg (43.63%), Sodium: 313.23mg (13.62%), Alcohol: 3.15g (100%), Alcohol %: 0.64% (100%), Protein: 10.66g (21.32%), Vitamin K: 95.78µg (91.22%), Vitamin A: 1742.73IU (34.85%), Manganese: 0.69mg (34.4%), Folate: 125.89µg (31.47%), Vitamin B2: 0.51mg (30.16%), Vitamin B1: 0.42mg (28.33%), Vitamin C: 22.35mg (27.09%), Iron: 4.77mg (26.5%), Selenium: 17.9µg (25.57%), Fiber: 6.18g (24.7%), Copper: 0.45mg (22.34%), Phosphorus: 210.46mg (21.05%), Vitamin B6: 0.42mg (20.92%), Potassium: 690.11mg (19.72%), Vitamin E: 2.91mg (19.41%), Vitamin B3: 3.25mg (16.27%), Vitamin B5: 1.36mg (13.59%), Calcium: 129.89mg (12.99%), Magnesium: 48.27mg (12.07%), Zinc: 1.64mg (10.96%), Vitamin B12: 0.36µg (6.06%), Vitamin D: 0.6µg (3.97%)