



Marinated Strip Steak with Grilled Scallions and Feta

 Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pinch cayenne pepper
- 2 servings coarse salt
- 2 servings feta cheese to taste
- 0.3 teaspoon ground pepper fresh black
- 1 tablespoon horseradish prepared
- 1 lemon zest
- 2 bunch scallions

- 0.3 cup soya sauce
- 0.5 cup worcestershire sauce

Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- grill
- aluminum foil

Directions

- Place steaks in a large, non-reactive shallow sided pan, just large enough to hold them comfortably. Slice 1 bunch of scallions into small rounds (white and light green parts only).
- Combine these with the Worcestershire, soy, horseradish, black pepper, cayenne and lemon zest in a small bowl; whisk to combine.
- Pour the marinade over the steaks and cover with plastic wrap.
- Let the steaks sit about 1 hour at room temperature, turning them once.
- Heat the grill.
- Remove the steaks from the marinade, letting the excess drip off and remove any of the clinging scallion slices. Generously season both sides with some coarse salt. Grill until they are browned on the outside. For medium-rare cook about 5-6 minutes per side.
- Transfer the grilled steaks to a large serving platter, covering them loosely with foil. Make sure you allow the steam to escape, so that they do not overcook while resting about 10 minutes. In the meantime, grill the second bunch of scallions left whole, about 2 minutes per side, until well marked and softened.
- Serve them with the steaks and a crumbling of the feta cheese.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:13.341304304807%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 163.31kcal (8.17%), Fat: 6.6g (10.16%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 17.76g (6.46%), Sugar: 8.66g (9.62%), Cholesterol: 26.7mg (8.9%), Sodium: 3085.06mg (134.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.83%), Vitamin K: 51.45µg (49%), Iron: 4.97mg (27.61%), Calcium: 254.06mg (25.41%), Vitamin B2: 0.41mg (24.17%), Vitamin C: 19.23mg (23.3%), Potassium: 723.94mg (20.68%), Phosphorus: 192.16mg (19.22%), Manganese: 0.23mg (11.72%), Copper: 0.22mg (10.85%), Vitamin B6: 0.21mg (10.62%), Vitamin B3: 2.1mg (10.49%), Folate: 40.44µg (10.11%), Vitamin A: 444.02IU (8.88%), Zinc: 1.29mg (8.58%), Magnesium: 34.02mg (8.51%), Vitamin B1: 0.13mg (8.5%), Vitamin B12: 0.51µg (8.45%), Selenium: 5.47µg (7.81%), Fiber: 1.5g (5.99%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.27mg (1.78%)