



New York Steak with Roasted Garlic and Ancho Butter



Gluten Free

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READY IN

ready

120 min.

SERVINGS

servings

4

CALORIES

calories

950 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ancho chiles stemmed deveined seeded
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 32 ounce new york steaks
- ☐ 2 sticks butter unsalted softened
- ☐ 1 head garlic whole

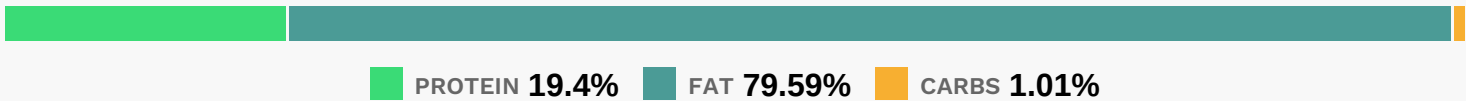
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Wrap the head of garlic with aluminum foil and roast for 40 minutes.
- ☐ Remove from the oven and let cool enough to handle.
- ☐ Squeeze the garlic from its papery skins into a small glass bowl and combine together with the butter and ancho powder, mixing well. Season with salt and pepper.
- ☐ Place a piece of plastic wrap on a work surface, spoon the butter into the middle and roll into a cylinder. Refrigerate until firm, about 1 hour.
- ☐ Prepare a barbecue to medium-high heat.
- ☐ Brush the steaks with olive oil and sprinkle with salt and freshly ground black pepper. Grill the steaks to desired doneness, about 6 minutes per side for medium doneness.
- ☐ Transfer to a platter and tent with foil to keep warm. To serve the steaks, top each with a pat of roasted garlic butter.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:24.272608653359%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 949.54kcal (47.48%), Fat: 84.94g (130.68%), Saturated Fat: 44.26g (276.65%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.11g (0.12%), Cholesterol: 259.82mg (86.61%), Sodium: 126.32mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.57g (93.15%), Selenium: 56.91µg (81.3%), Zinc: 11.77mg (78.47%), Vitamin B12: 3.86µg (64.35%), Vitamin B3: 11.18mg (55.92%), Vitamin B6: 0.99mg (49.74%), Phosphorus: 351.16mg (35.12%), Vitamin B2: 0.57mg (33.51%), Vitamin A: 1461.96IU (29.24%), Iron: 4.09mg (22.72%), Potassium: 651.82mg (18.62%), Vitamin E: 2.34mg (15.63%), Vitamin B1: 0.22mg (14.44%), Magnesium: 50.75mg (12.69%), Vitamin K: 11.91µg (11.34%), Copper: 0.21mg (10.44%), Vitamin D: 1.07µg (7.16%), Manganese: 0.13mg (6.65%), Calcium: 42.78mg (4.28%), Vitamin C: 2.18mg (2.65%), Folate: 8.74µg (2.18%), Vitamin B5: 0.11mg (1.06%)