



New York Steaks with a Vanilla and Cherry Sauce



Gluten Free



Dairy Free

Image not found or type unknown

READY IN

ready

40 min.

SERVINGS

servings

2

CALORIES

calories

754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pint cherries fresh pitted halved
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.8 cup red wine
- ☐ 2 servings salt and pepper to taste
- ☐ 16 ounce new york strip steaks
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup water

- ☐ 1 tablespoon sugar white
- ☐ 2 tablespoons worcestershire sauce

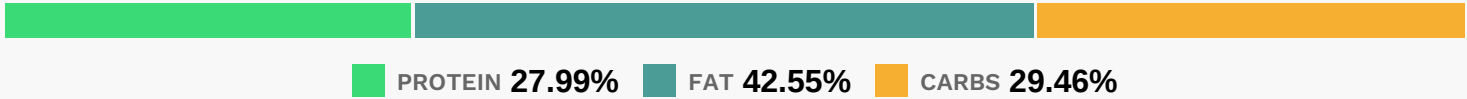
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an outdoor grill for high heat, and lightly oil the grate. Rub the New York steaks on both sides with the Worcestershire sauce, then season to taste with salt and pepper.
- ☐ Cook the steaks on the preheated grill until they are beginning to firm, and are hot and slightly pink in the center, 6 to 7 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Once the steaks are done, cover them with two layers of aluminum foil, and allow to rest in a warm area for 10 minutes.
- ☐ While the steaks are cooking, prepare the cherry sauce by bringing the red wine to a boil in a saucepan over medium-high heat; boil for 5 minutes. Stir in the cherries, sugar, and vanilla extract. Return to a boil, then reduce heat to medium, and simmer until the cherries are tender, 5 to 7 minutes. Dissolve the cornstarch in the water, then stir into the simmering cherry sauce. Cook for a few minutes until the cherry sauce thickens.
- ☐ Pour the sauce over the steaks to serve.

Nutrition Facts



Properties

Glycemic Index:53.55, Glycemic Load:11.78, Inflammation Score:-7, Nutrition Score:27.746956669766%

Flavonoids

Cyanidin: 71.64mg, Cyanidin: 71.64mg, Cyanidin: 71.64mg, Cyanidin: 71.64mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Pelargonidin: 0.64mg, Pelargonidin:

0.64mg, Pelargonidin: 0.64mg, Pelargonidin: 0.64mg Peonidin: 4.67mg, Peonidin: 4.67mg, Peonidin: 4.67mg, Peonidin: 4.67mg Catechin: 16.74mg, Catechin: 16.74mg, Catechin: 16.74mg, Catechin: 16.74mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 15.24mg, Epicatechin: 15.24mg, Epicatechin: 15.24mg Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 754.1kcal (37.71%), Fat: 32.57g (50.1%), Saturated Fat: 14.36g (89.73%), Carbohydrates: 50.72g (16.91%), Net Carbohydrates: 45.75g (16.64%), Sugar: 39.35g (43.72%), Cholesterol: 138.35mg (46.12%), Sodium: 538.49mg (23.41%), Alcohol: 11.78g (100%), Alcohol %: 2.43% (100%), Protein: 48.21g (96.41%), Zinc: 11.97mg (79.8%), Selenium: 55.65µg (79.51%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.82mg (59.08%), Vitamin B6: 1.07mg (53.69%), Phosphorus: 407.63mg (40.76%), Vitamin B2: 0.68mg (39.85%), Potassium: 1393.13mg (39.8%), Iron: 6.08mg (33.79%), Vitamin C: 18.77mg (22.75%), Magnesium: 87.76mg (21.94%), Fiber: 4.97g (19.89%), Vitamin B1: 0.28mg (18.7%), Copper: 0.37mg (18.65%), Manganese: 0.3mg (15.02%), Vitamin K: 8.9µg (8.48%), Calcium: 73.81mg (7.38%), Vitamin B5: 0.5mg (5%), Folate: 18.53µg (4.63%), Vitamin A: 200.67IU (4.01%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.18mg (1.19%)