



New York Strip Chicago Style



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



2

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 servings salt and pepper to taste
- ☐ 1 pound new york strip steaks
- ☐ 0.5 teaspoon sugar white

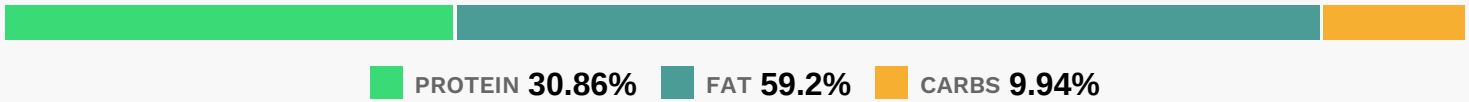
Equipment

- ☐ knife
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ In a shallow glass dish, mix the olive oil, garlic, cinnamon, sugar, and apricot preserves.
- ☐ Mix well, as the preserves tend to stick until warm.
- ☐ With a knife, make several shallow slashes in both sides of the steaks.
- ☐ Sprinkle with salt and pepper.
- ☐ Place steaks in the dish with the sauce, and turn to coat. Cover with plastic wrap, and refrigerate for at least 1 hour.
- ☐ Preheat grill for high heat.
- ☐ Lightly oil the grill grate.
- ☐ Place steaks on the grill, and discard any remaining sauce. Grill steaks 10 minutes, turning occasionally, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:52.55, Glycemic Load:0.84, Inflammation Score:-2, Nutrition Score:21.609130300905%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg 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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 589.34kcal (29.47%), Fat: 39.13g (60.19%), Saturated Fat: 15.24g (95.23%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 14.42g (5.24%), Sugar: 9.7g (10.78%), Cholesterol: 138.35mg (46.12%), Sodium: 320.18mg (13.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.89g (91.77%), Selenium: 55.97µg (79.96%), Zinc: 11.67mg (77.83%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.13mg (55.64%), Vitamin B6: 0.93mg (46.42%),

Phosphorus: 329.8mg (32.98%), Vitamin B2: 0.55mg (32.26%), Iron: 4.11mg (22.82%), Potassium: 631.51mg (18.04%), Vitamin B1: 0.2mg (13.51%), Magnesium: 49.11mg (12.28%), Copper: 0.2mg (10.17%), Vitamin K: 7.8µg (7.43%), Vitamin E: 1.05mg (6.98%), Manganese: 0.12mg (6.05%), Calcium: 27.8mg (2.78%), Vitamin C: 2.25mg (2.72%), Folate: 7.08µg (1.77%), Vitamin A: 76.63IU (1.53%), Vitamin D: 0.23µg (1.51%), Fiber: 0.36g (1.43%)