



New York Strip Steak with Red Wine Mushroom Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



1000 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 8 ounces cremini mushrooms sliced
- 1 cup cooking wine dry red
- 2 teaspoons thyme leaves fresh chopped
- 2 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil
- 1 shallots finely chopped

20 ounce new york strip steaks

Equipment

frying pan

aluminum foil

Directions

Add the oil to a large cast-iron skillet over medium-high heat.

Heat until the oil is very hot.

Season the steaks with salt and pepper.

Add the steaks to the skillet and sear the steaks on each side for 4 minutes for medium.

Remove the steaks to a plate and loosely cover with foil.

Lower the heat to medium and add the mushrooms, shallot, and thyme to the pan and saute until the mushrooms begin to brown and soften, about 5 minutes. You may need to add a bit more oil to the pan.

Add the red wine and scrap the bottom of the pan to get the browned bits.

Let the liquid reduce by half, 7 to 8 minutes.

Remove from the heat and swirl in 3 tablespoons butter to finish the sauce.

Serve the steak with mushroom red wine sauce drizzled over the top.

Nutrition Facts

 **PROTEIN 26.16%**  **FAT 69.27%**  **CARBS 4.57%**

Properties

Glycemic Index:62.5, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:35.845652497333%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin:

0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 999.57kcal (49.98%), Fat: 71.28g (109.66%), Saturated Fat: 30.59g (191.16%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 9.24g (3.36%), Sugar: 2.95g (3.27%), Cholesterol: 218.08mg (72.69%), Sodium: 485mg (21.09%), Alcohol: 12.6g (100%), Alcohol %: 2.82% (100%), Protein: 60.56g (121.12%), Selenium: 99.02µg (141.45%), Zinc: 15.9mg (105.98%), Vitamin B3: 18.26mg (91.3%), Vitamin B12: 4.86µg (80.92%), Vitamin B2: 1.25mg (73.66%), Vitamin B6: 1.31mg (65.33%), Phosphorus: 558.97mg (55.9%), Copper: 0.81mg (40.52%), Potassium: 1326.94mg (37.91%), Iron: 5.91mg (32.85%), Vitamin B1: 0.37mg (24.45%), Magnesium: 75.99mg (19%), Vitamin B5: 1.77mg (17.69%), Vitamin E: 2.52mg (16.8%), Vitamin K: 14.25µg (13.57%), Vitamin A: 662.83IU (13.26%), Manganese: 0.23mg (11.62%), Folate: 42.63µg (10.66%), Calcium: 58.28mg (5.83%), Fiber: 1.36g (5.44%), Vitamin C: 4.2mg (5.09%), Vitamin D: 0.4µg (2.65%)