



New York Strip Steaks

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



1137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups butter
- 3 tablespoons dijon mustard
- 1 tablespoon parsley leaves fresh chopped
- 1 tablespoon tarragon leaves fresh minced
- 3 cloves garlic minced
- 2 tablespoons green onion minced
- 1 teaspoon ground pepper black
- 0.3 cup juice of lemon fresh

- 2 teaspoons juice of lemon fresh
- 1 teaspoon lemon zest
- 0.5 cup olive oil for skillet
- 0.3 teaspoon salt
- 1 cup heavy whipping cream sour
- 6 new york strip steaks boneless ()
- 2 teaspoons worcestershire sauce

Equipment

- bowl
- frying pan
- ziploc bags

Directions

- In a heavy-duty resealable plastic bag, combine oil, lemon juice, garlic, Worcestershire sauce and pepper.
- Add steaks to bag. Press the air out of the bag, and seal tightly. Turn the bag several times to distribute the marinade; place the bag in a bowl and refrigerate 30 minutes, turning bag occasionally.
- Heat a large oiled skillet over medium-high heat.
- Remove steaks from marinade, discarding marinade.
- Place 3 steaks in hot skillet; cook 4 to 5 minutes on each side or to the desired degree of doneness.
- Remove steaks to a serving plate, and keep warm. Repeat process with remaining 3 steaks. Top each steak with 1 to 2 tablespoons Tarragon Melting Sauce.
- In a bowl add all ingredients together and mix until smooth. Cover, and refrigerate.

Nutrition Facts

 PROTEIN 16.59%  FAT 81.69%  CARBS 1.72%

Properties

Glycemic Index:46.33, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:27.633043703826%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 1136.6kcal (56.83%), Fat: 104.75g (161.16%), Saturated Fat: 57.53g (359.56%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.29g (1.56%), Sugar: 2.04g (2.27%), Cholesterol: 323.16mg (107.72%), Sodium: 823.28mg (35.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.87g (95.73%), Selenium: 60.19µg (85.98%), Zinc: 11.93mg (79.53%), Vitamin B12: 3.96µg (66.01%), Vitamin B3: 11.34mg (56.69%), Vitamin B6: 0.98mg (49.02%), Vitamin A: 2298.47IU (45.97%), Phosphorus: 390.62mg (39.06%), Vitamin B2: 0.66mg (38.82%), Iron: 4.69mg (26.07%), Vitamin K: 27.21µg (25.91%), Potassium: 766.68mg (21.91%), Vitamin E: 2.49mg (16.58%), Magnesium: 63.16mg (15.79%), Vitamin B1: 0.24mg (15.79%), Copper: 0.21mg (10.72%), Manganese: 0.2mg (10.1%), Calcium: 100.65mg (10.07%), Vitamin C: 7.96mg (9.65%), Folate: 20.04µg (5.01%), Vitamin B5: 0.27mg (2.69%), Fiber: 0.67g (2.68%), Vitamin D: 0.23µg (1.51%)