



New York Strip Steaks with Brussels Sprout Hash



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 8 ounces brussels sprouts quartered
- ☐ 0.3 cup sauvignon blanc white wine dry white such as sauvignon blanc
- ☐ 2 teaspoons rosemary leaves fresh
- ☐ 2 garlic clove chopped
- ☐ 2 teaspoons kosher salt divided
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided

- ☐ 2 cups onion red
- ☐ 1.3 teaspoons pepper divided
- ☐ 1 pound potatoes – remove skin cut into chunks
- ☐ 24 oz fat-trimmed beef flank steak

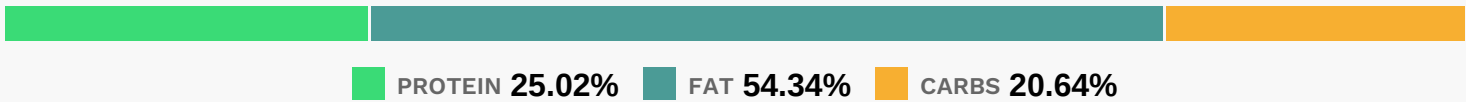
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Simmer potatoes in a large saucepan of water until tender when pierced, 8 to 10 minutes; in last minute, add brussels sprouts, cooking just until they turn bright green.
- ☐ Drain.
- ☐ Preheat broiler. Rub steaks with vinegar, 1 tbsp. oil, and 1 tsp. each salt and pepper. Put steaks on a broiler pan; broil 6 in. from heat, turning once, 8 minutes for medium-rare.
- ☐ Heat remaining 3 tbsp. oil in a 12-in. frying pan over medium-high heat.
- ☐ Add onion and cook, stirring as little as possible, until well browned, 4 to 5 minutes.
- ☐ Add potatoes and brussels sprouts and cook until browned slightly, about 4 minutes.
- ☐ Add wine, scraping up any caramelized bits from bottom of pan. Stir in garlic, rosemary, and remaining 1 tsp. salt and 1/4 tsp. pepper.
- ☐ Serve with sliced meat.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:3.14, Inflammation Score:-8, Nutrition Score:33.245217193728%

Flavonoids

Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.09mg, Quercetin: 18.09mg, Quercetin: 18.09mg, Quercetin: 18.09mg

Nutrients (% of daily need)

Calories: 628.24kcal (31.41%), Fat: 37.99g (58.45%), Saturated Fat: 12.68g (79.26%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 26.83g (9.76%), Sugar: 6.72g (7.47%), Cholesterol: 103.76mg (34.59%), Sodium: 1290.56mg (56.11%), Alcohol: 1.55g (100%), Alcohol %: 0.43% (100%), Protein: 39.36g (78.71%), Vitamin K: 115.69µg (110.18%), Vitamin C: 64.35mg (77.99%), Zinc: 9.51mg (63.37%), Selenium: 43.62µg (62.32%), Vitamin B6: 1.11mg (55.61%), Vitamin B3: 10.16mg (50.82%), Vitamin B12: 2.82µg (47.06%), Phosphorus: 380.51mg (38.05%), Potassium: 1328.69mg (37.96%), Vitamin B2: 0.52mg (30.42%), Manganese: 0.57mg (28.38%), Iron: 4.92mg (27.33%), Vitamin B1: 0.36mg (24.06%), Fiber: 5.64g (22.56%), Magnesium: 83.71mg (20.93%), Folate: 75.51µg (18.88%), Copper: 0.37mg (18.52%), Vitamin E: 2.48mg (16.52%), Vitamin A: 467.58IU (9.35%), Calcium: 73.04mg (7.3%), Vitamin B5: 0.61mg (6.08%), Vitamin D: 0.17µg (1.13%)