



New York Strip Steaks with Orange and Oregano



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 beef strip steaks thick ()
- ☐ 2 cloves garlic minced peeled
- ☐ 1.5 teaspoons pepper
- ☐ 0.3 cup marjoram fresh
- ☐ 1 tablespoon olive oil
- ☐ 8 oz cranberry-orange relish rinsed cut into four wedges
- ☐ 0.8 cup orange juice

- ☐ 0.3 cup citrus champagne vinegar
- ☐ 4 servings salt
- ☐ 2 tablespoons worcestershire sauce

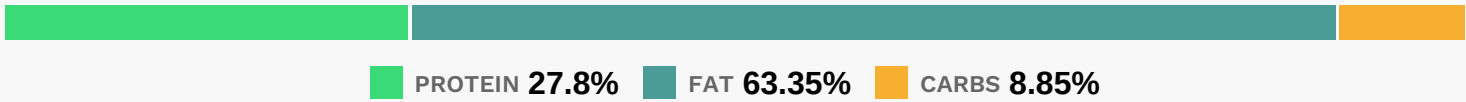
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Trim excess surface fat from steaks. Rinse steaks and pat dry; place in a 1-gallon zip-lock plastic bag.
- ☐ Add orange juice, vinegar, Worcestershire, olive oil, garlic, and 1 1/2 teaspoons pepper. Seal bag and turn as needed to coat all steaks with marinade. Chill for at least 30 minutes or up to 1 day.
- ☐ Lift steaks from marinade (discard marinade) and lay on an oiled barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook steaks, turning once, until browned on both sides and done to your liking in center of thickest part (cut to test), 10 to 13 minutes for medium-rare.
- ☐ Transfer steaks to plates.
- ☐ Let rest in a warm place for 3 to 5 minutes.
- ☐ Sprinkle with oregano leaves and salt and more pepper to taste.
- ☐ Serve with orange wedges to squeeze over the top.

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:4.98, Inflammation Score:-6, Nutrition Score:26.668695823006%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 21.01mg, Hesperetin: 21.01mg, Hesperetin: 21.01mg, Hesperetin: 21.01mg Naringenin: 9.68mg, Naringenin: 9.68mg, Naringenin: 9.68mg

9.68mg, Naringenin: 9.68mg Apigenin: 3.5mg, Apigenin: 3.5mg, Apigenin: 3.5mg, Apigenin: 3.5mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 655.34kcal (32.77%), Fat: 45.43g (69.89%), Saturated Fat: 17.36g (108.47%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 12.55g (4.56%), Sugar: 10.09g (11.21%), Cholesterol: 194.36mg (64.79%), Sodium: 420.33mg (18.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.86g (89.72%), Selenium: 51.7µg (73.86%), Vitamin C: 57.22mg (69.36%), Vitamin B6: 1.28mg (64.2%), Vitamin B3: 12.14mg (60.72%), Zinc: 7.63mg (50.87%), Phosphorus: 437.88mg (43.79%), Vitamin B12: 2.08µg (34.65%), Vitamin K: 33.76µg (32.15%), Potassium: 972.51mg (27.79%), Iron: 4.1mg (22.76%), Vitamin B1: 0.26mg (17.22%), Vitamin B2: 0.29mg (17.03%), Magnesium: 60.16mg (15.04%), Vitamin B5: 1.5mg (14.97%), Folate: 56.88µg (14.22%), Copper: 0.24mg (11.76%), Vitamin E: 1.58mg (10.53%), Calcium: 95.94mg (9.59%), Manganese: 0.17mg (8.59%), Vitamin A: 368.42IU (7.37%), Fiber: 1.73g (6.91%)