



 **75%**
HEALTH SCORE

New York Style Steak with Mushroom Saute

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb beef sirloin steak boneless
- 4 cups mushrooms fresh sliced
- 2 tsp garlic minced
- 0.8 cup a.1. steakhouse marinade new york steakhouse divided
- 1 cup onion halved

Equipment

- frying pan
- grill

Directions

- Place steak in shallow dish.
- Pour 1/2 cup marinade over steak; turn to evenly coat both sides of steak. Refrigerate 30 min. to marinate, turning occasionally.
- Heat grill to medium heat.
- Remove steak from marinade; discard marinade. Grill steak 13 to 16 min. for medium-rare to medium doneness, turning occasionally.
- Remove steak from grill; cover to keep warm.
- Cook and stir mushrooms, onions and garlic in large skillet on medium-high heat 5 min. Stir in remaining marinade; simmer on low heat 5 min.
- Cut steak across the grain into thin slices.
- Serve topped with mushroom mixture.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:6.6, Inflammation Score:-9, Nutrition Score:58.759565034962%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 32.58mg, Quercetin: 32.58mg, Quercetin: 32.58mg, Quercetin: 32.58mg

Nutrients (% of daily need)

Calories: 1316.64kcal (65.83%), Fat: 25.58g (39.35%), Saturated Fat: 9.16g (57.23%), Carbohydrates: 88.46g (29.49%), Net Carbohydrates: 81.78g (29.74%), Sugar: 63.72g (70.8%), Cholesterol: 401.43mg (133.81%), Sodium: 3759.22mg (163.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 175.35g (350.7%), Selenium: 246.87µg (352.67%), Vitamin B3: 58.1mg (290.51%), Vitamin B6: 4.93mg (246.68%), Zinc: 29.55mg (197%), Phosphorus: 1820.83mg (182.08%), Vitamin B2: 2.41mg (141.74%), Potassium: 4004.73mg (114.42%), Vitamin B12: 6.55µg (109.15%), Vitamin B5: 10.43mg (104.28%), Copper: 1.82mg (91.21%), Iron: 13.31mg (73.92%), Vitamin B1: 0.91mg (60.41%), Magnesium: 208.45mg (52.11%), Folate: 184.3µg (46.07%), Manganese: 0.56mg (27.77%), Fiber: 6.68g

(26.71%), Vitamin C: 21.65mg (26.24%), Calcium: 208.14mg (20.81%), Vitamin E: 1.98mg (13.2%), Vitamin K: 8.22µg (7.83%), Vitamin D: 0.77µg (5.12%)