



New York Style Steak with Mushroom Saute

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



219 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

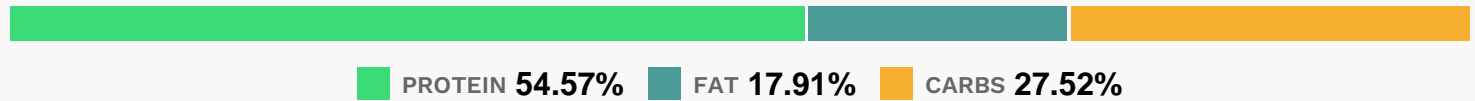
Equipment

- 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:14.83, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:15.869130368223%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 219.44kcal (10.97%), Fat: 4.26g (6.56%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 13.63g (4.96%), Sugar: 10.62g (11.8%), Cholesterol: 66.9mg (22.3%), Sodium: 626.54mg (27.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.45%), Selenium: 41.14µg (58.78%), Vitamin B3: 9.68mg (48.42%), Vitamin B6: 0.82mg (41.11%), Zinc: 4.92mg (32.83%), Phosphorus: 303.47mg (30.35%), Vitamin B2: 0.4mg (23.62%), Potassium: 667.46mg (19.07%), Vitamin B12: 1.09µg (18.19%), Vitamin B5: 1.74mg (17.38%), Copper: 0.3mg (15.2%), Iron: 2.22mg (12.32%), Vitamin B1: 0.15mg (10.07%), Magnesium: 34.74mg (8.69%), Folate: 30.72µg (7.68%), Manganese: 0.09mg (4.63%), Fiber: 1.11g (4.45%), Vitamin C: 3.61mg (4.37%), Calcium: 34.69mg (3.47%), Vitamin E: 0.33mg (2.2%), Vitamin K: 1.37µg (1.3%)