



## NY Strip Steak with Tarragon Melting Sauce

READY IN



55 min.

SERVINGS



6

CALORIES



1328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups butter
- 3 tablespoons dijon mustard
- 2 cups flour all-purpose
- 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
- 0.3 teaspoon salt
- 6 servings salt
- 1 teaspoon lawry's seasoned salt
- 1 cup cup heavy whipping cream sour
- 6 ny strip steaks boneless ()
- 6 servings vegetable oil for deep frying
- 2 teaspoons worcestershire sauce
- 2 medium onions white yellow

## Equipment

- food processor
- bowl
- frying pan
- knife
- 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 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.

- Serve immediately.
- Position knife blade in food processor bowl; add all ingredients, and process until smooth. Cover, and refrigerate.

## Nutrition Facts

**PROTEIN 15.66%**

**FAT 72.37%**

**CARBS 11.97%**

### Properties

Glycemic Index:63.33, Glycemic Load:24.37, Inflammation Score:-9, Nutrition Score:34.2669565263%

### 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: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

### Nutrients (% of daily need)

Calories: 1327.69kcal (66.38%), Fat: 108g (166.15%), Saturated Fat: 58.04g (362.73%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 37.76g (13.73%), Sugar: 3.71g (4.12%), Cholesterol: 323.16mg (107.72%), Sodium: 1406.95mg (61.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.57g (105.15%), Selenium: 74.5µg (106.42%), Zinc: 12.28mg (81.9%), Vitamin B3: 13.84mg (69.21%), Vitamin B12: 3.96µg (66.01%), Vitamin B6: 1.04mg (52.14%), Vitamin B2: 0.88mg (51.51%), Vitamin A: 2299.2IU (45.98%), Phosphorus: 446.25mg (44.63%), Vitamin B1: 0.58mg (38.72%), Iron: 6.71mg (37.27%), Vitamin K: 32.63µg (31.07%), Manganese: 0.53mg (26.75%), Folate: 103.25µg (25.81%), Potassium: 864.91mg (24.71%), Magnesium: 76mg (19%), Vitamin E: 2.75mg (18.32%), Copper: 0.29mg (14.46%), Vitamin C: 10.67mg (12.94%), Calcium: 115.7mg (11.57%), Fiber: 2.42g (9.67%), Vitamin B5: 0.5mg (4.96%), Vitamin D: 0.23µg (1.51%)