



Pan-Grilled New York Strip Steaks with Green Olive Tapenade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy
- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 garlic clove
- ☐ 1 pound oil-cured olives green pitted (such as Picholine)
- ☐ 5 tablespoons olive oil
- ☐ 0.5 cup slivered almonds toasted

☐ 2 fat-trimmed beef flank steak 2-inch-thick (each)

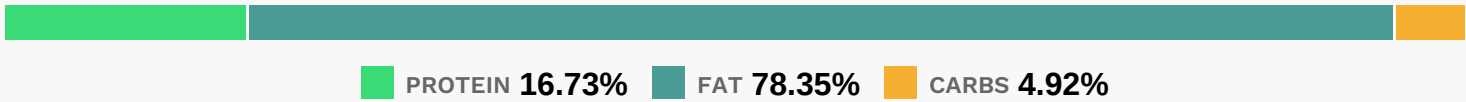
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Place almonds in processor and grind finely; transfer to small bowl.
- ☐ Place olives, oil, capers, anchovies, and garlic in processor. Blend until fine paste forms.
- ☐ Add almonds; blend 5 seconds. Season tapenade with salt and pepper. (Can be made 2 days ahead. Cover and chill.)
- ☐ Sprinkle steaks generously with salt and pepper. Coat steaks with rosemary, pressing to adhere.
- ☐ Heat 2 heavy medium skillets (preferably cast-iron) over high heat 5 minutes.
- ☐ Place 1 steak in each pan. Sear steaks 3 minutes; turn over and sear second side 3 minutes. Reduce heat to medium-high. Continue to cook, turning every 3 minutes, until steaks are cooked to desired doneness, about 15 minutes longer for medium-rare (thermometer inserted into center will register 130°F).
- ☐ Transfer steaks to platter; let stand 10 minutes. Slice steaks thinly.
- ☐ Serve with tapenade.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:13.455652156602%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 428.02kcal (21.4%), Fat: 38.57g (59.34%), Saturated Fat: 8.29g (51.78%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.82g (0.91%), Cholesterol: 47.55mg (15.85%), Sodium: 1295.79mg (56.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.07%), Vitamin E: 6.9mg (46.03%), Selenium: 20.58µg (29.4%), Zinc: 4.25mg (28.32%), Vitamin B3: 4.6mg (22.99%), Vitamin B12: 1.27µg (21.12%), Vitamin B6: 0.36mg (17.77%), Vitamin B2: 0.3mg (17.68%), Phosphorus: 161.67mg (16.17%), Fiber: 3.82g (15.28%), Copper: 0.26mg (13.14%), Magnesium: 51.27mg (12.82%), Iron: 2.26mg (12.54%), Manganese: 0.23mg (11.64%), Vitamin K: 9.89µg (9.42%), Potassium: 319.47mg (9.13%), Calcium: 77.82mg (7.78%), Vitamin B1: 0.1mg (6.99%), Vitamin A: 333.09IU (6.66%), Folate: 10.1µg (2.52%)