



Pan-Seared Strip Steak

 Gluten Free

READY IN



51 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 2 tablespoons butter
- 2 garlic cloves crushed
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 24 ounce new york strip steaks lean grass-fed
- 2 thyme sprigs

Equipment

- frying pan
- aluminum foil
- kitchen towels
- oven mitt

Directions

- Let steaks stand 30 minutes at room temperature.
- Sprinkle salt and pepper evenly over steaks.
- Heat a large cast-iron skillet over high heat.
- Add oil to pan; swirl to coat.
- Add steaks to pan; cook 3 minutes on each side or until browned. Reduce heat to medium-low; add butter, thyme, and garlic to pan. Carefully grasp pan handle using an oven mitt or folded dish towel. Tilt pan toward you so butter pools; cook 1 1/2 minutes, basting steaks with butter constantly.
- Remove steaks from pan; cover loosely with foil.
- Let stand 10 minutes. Reserve butter mixture.
- Cut steak diagonally across grain into thin slices. Discard thyme and garlic; spoon reserved butter mixture over steak.

Nutrition Facts

PROTEIN 31.28% **FAT 67.94%** **CARBS 0.78%**

Properties

Glycemic Index:26.17, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:10.869565216096%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 292.41kcal (14.62%), Fat: 22.17g (34.11%), Saturated Fat: 9.86g (61.62%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.01g (0.02%), Cholesterol: 79.21mg (26.4%), Sodium: 476.85mg (20.73%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.96g (45.93%), Selenium: 27.87µg (39.82%), Zinc: 5.84mg (38.95%), Vitamin B12: 1.89µg (31.51%), Vitamin B3: 5.57mg (27.85%), Vitamin B6: 0.47mg (23.34%), Phosphorus: 166.69mg (16.67%), Vitamin B2: 0.28mg (16.22%), Iron: 2.07mg (11.48%), Potassium: 314.49mg (8.99%), Vitamin B1: 0.1mg (6.83%), Magnesium: 25.13mg (6.28%), Copper: 0.1mg (4.85%), Vitamin K: 3.86µg (3.67%), Vitamin A: 150.92IU (3.02%), Vitamin E: 0.45mg (2.98%), Manganese: 0.06mg (2.77%), Calcium: 13.59mg (1.36%), Vitamin C: 0.85mg (1.03%)