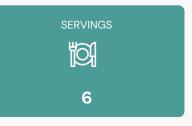


Pepper-Crusted Steaks with Worcestershire-Glazed Portobellos

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1.5 teaspoons balsamic vinegar
3 tablespoons peppercorns black with mallet
0.5 cup butter ()
2 teaspoons coarse kosher salt
1 pound portabello mushrooms cut into 1/3-inch-thick slices

56 ounce new york strip steaks thick (each)

4 teaspoons worcestershire sauce

Equipment		
	frying pan	
	grill	
	aluminum foil	
Directions		
	Sprinkle steaks with cracked peppercorns and coarse salt.	
	Let stand at room temperature 30 minutes.	
	Melt 1/2 cup butter in large skillet over medium heat. Stir in Worcestershire sauce and vinegar. Stir in mushrooms.	
	Sprinkle with salt.	
	Remove from heat.	
	Prepare barbecue (medium-high heat). Grill steaks until cooked to desired doneness, about 5 minutes per side for medium-rare.	
	Transfer to plates. Top each steak with 1/2 tablespoon butter. Tent with foil to keep warm. Grill mushrooms until soft and beginning to release juices, about 3 minutes per side. Divide mushrooms among steaks and serve.	
	To make crisscross grill marks, place steaks on the grill pointing to ten o'clock. Halfway through cooking on one side, turn steaks to point to 2 o'clock. Turn steaks over and repeat.	
Nutrition Facts		
	PROTEIN 30.46% FAT 65.64% CARBS 3.9%	

Properties

Glycemic Index:22, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:31.331304337667%

Nutrients (% of daily need)

Calories: 719.35kcal (35.97%), Fat: 53.18g (81.82%), Saturated Fat: 26.48g (165.51%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 4.87g (1.77%), Sugar: 2.52g (2.8%), Cholesterol: 202.07mg (67.36%), Sodium: 1094.48mg (47.59%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 55.52g (111.04%), Selenium: 79.08µg (112.97%), Zinc: 14.06mg (93.74%), Vitamin B3: 16.45mg (82.23%), Vitamin B12: 4.46µg (74.37%), Vitamin B6: 1.18mg (59.14%),

Phosphorus: 477.74mg (47.77%), Vitamin B2: 0.75mg (44.19%), Manganese: 0.69mg (34.67%), Potassium: 1088.85mg (31.11%), Iron: 5.5mg (30.57%), Copper: 0.5mg (24.9%), Vitamin B1: 0.29mg (19.11%), Magnesium: 65.18mg (16.3%), Vitamin K: 13.52μg (12.87%), Vitamin A: 542.93IU (10.86%), Vitamin B5: 0.95mg (9.53%), Fiber: 2.25g (8.99%), Folate: 30.84μg (7.71%), Calcium: 52.58mg (5.26%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.49μg (3.28%)