



Pepper-Crusted Steaks with Worcestershire-Glazed Portobellos

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



719 kcal

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

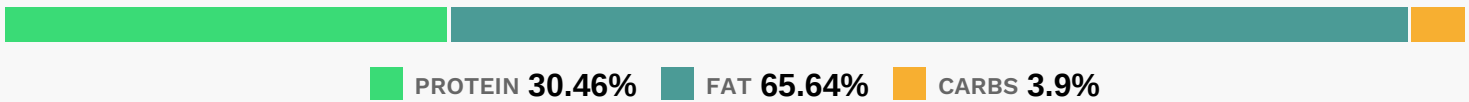
Equipment

- ☐ 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



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 %: 0% (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%)