

food
network



HEALTH SCORE

51%

Porterhouse Steak with Fra Diavolo BBQ Sauce and Cherry Peppers in Vinaigrette



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound cherry peppers
- ☐ 0.3 cup brown sugar dark
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 0.5 cup basil leaves fresh
- ☐ 4 cloves garlic finely chopped
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon honey

- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 onion finely chopped
- ☐ 3 cups plum tomatoes pureed canned
- ☐ 2 porterhouse steaks
- ☐ 1 bell pepper red cored cut into quarters
- ☐ 1 tablespoon pepper flakes red
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 bell pepper yellow cored cut into quarters

Equipment

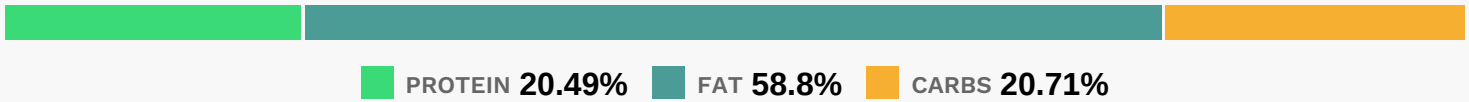
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill

Directions

- ☐ Heat oil in a medium saucepan on side burners or grates of the grill.
- ☐ Add onion and garlic and cook until soft.
- ☐ Add red pepper flakes and cook for 1 minute.
- ☐ Add remaining ingredients, season with salt and pepper and cook until sauce has thickened, about 25 to 30 minutes.
- ☐ Season steaks on both sides with salt and pepper. Grill until golden brown, about 4 to 5 minutes. Turn over and continue grilling for 4 to 5 minutes for medium-rare doneness. Baste with the sauce during the last few minutes.

- ☐ Remove from the grill and brush with more of the sauce.
- ☐ Let meat rest for 5 minutes then slice into 1/4-inch thick slices.
- ☐ Preheat a grill. Preheat the oven to 400 degrees F. Toss the cherry peppers with 2 tablespoons of the olive oil in a bowl. Season with salt and pepper.
- ☐ Spread the peppers on a sheet pan and roast for 15 to 20 minutes, or until the skin is blistered. Set aside to cool slightly.
- ☐ Remove the stems and seeds from the cherry peppers and roughly chop.
- ☐ Drizzle the red and yellow peppers with 2 tablespoons of the olive oil and season with salt and pepper.
- ☐ Place on the grill and cook until the skin is starting to blacken and blister.
- ☐ Remove from the grill and set aside to cool for 15 minutes. Roughly chop the peppers.
- ☐ In a bowl, combine the cherry peppers, red and yellow tomatoes, parsley, and Basil Vinaigrette. Season, to taste, with salt and pepper.
- ☐ Serve.
- ☐ Combine all ingredients and blend until smooth. Adjust seasoning with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:83.39, Glycemic Load:6.1, Inflammation Score:-10, Nutrition Score:36.063913034356%

Flavonoids

Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 748.73kcal (37.44%), Fat: 48.98g (75.35%), Saturated Fat: 13.52g (84.52%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 32.36g (11.77%), Sugar: 26.38g (29.31%), Cholesterol: 95.2mg (31.73%), Sodium: 1037.87mg (45.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.39g (76.78%), Vitamin C: 125.64mg

(152.29%), Vitamin K: 105.49µg (100.46%), Vitamin B12: 4.73µg (78.77%), Vitamin A: 3537.03IU (70.74%), Vitamin B6: 1.05mg (52.6%), Selenium: 29.37µg (41.96%), Zinc: 6.26mg (41.74%), Vitamin B3: 8.17mg (40.83%), Phosphorus: 378.31mg (37.83%), Vitamin E: 5.55mg (36.99%), Potassium: 1223.43mg (34.96%), Iron: 5.3mg (29.45%), Fiber: 6.46g (25.83%), Vitamin B2: 0.41mg (24.15%), Manganese: 0.48mg (23.89%), Vitamin B1: 0.29mg (19.2%), Magnesium: 73.21mg (18.3%), Folate: 72.13µg (18.03%), Copper: 0.34mg (17.2%), Vitamin B5: 0.94mg (9.43%), Calcium: 75.67mg (7.57%)