



 **27%**
HEALTH SCORE

Roast New York Strip Loin with Adobo Rub

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 tablespoon rosemary leaves fresh chopped
- 6 large garlic clove peeled
- 2 tablespoons olive oil
- 0.3 cup paprika sweet spanish
- 0.3 cup red wine vinegar
- 2 teaspoons salt
- 6 pound new york strip steak fat trimmed

Equipment

- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Chop garlic in processor.
- Add paprika, vinegar, oil, rosemary, salt, and pepper; grind to thick paste. Rub paste all over New York strip loin. Wrap loin in plastic; refrigerate overnight.
- Preheat oven to 450°F.
- Place large metal rack in roasting pan. Uncover meat and arrange, fat side up, on rack. Roast meat 15 minutes. Reduce oven temperature to 350°F. Continue roasting meat until thermometer inserted into center registers 125°F for rare, about 40 minutes longer. Cover meat loosely with aluminum foil and let rest 20 minutes.
- Transfer to platter.
- Cut into 1/2-inch-thick slices.
- To make gravy for the roast, simply add one 14-ounce can beef broth to drippings in roasting pan. Blend 2 teaspoons water and 2 teaspoons cornstarch in small cup until smooth and whisk into broth.
- Place pan on 2 burners over medium-high heat.
- Whisk until juices thicken, about 3 minutes.

Nutrition Facts



PROTEIN 35.79% **FAT 62.79%** **CARBS 1.42%**

Properties

Glycemic Index:6.42, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:22.360000473002%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 538.81kcal (26.94%), Fat: 36.76g (56.55%), Saturated Fat: 14.14g (88.36%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.25g (0.28%), Cholesterol: 181.44mg (60.48%), Sodium: 507.82mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.14g (94.27%), Selenium: 53.66µg (76.66%), Vitamin B6: 1.36mg (67.91%), Vitamin B3: 12.72mg (63.59%), Zinc: 7.95mg (52.97%), Phosphorus: 438.78mg (43.88%), Vitamin B12: 2.22µg (37.04%), Vitamin A: 1114.14IU (22.28%), Potassium: 772.56mg (22.07%), Iron: 3.9mg (21.67%), Vitamin B2: 0.28mg (16.7%), Vitamin B5: 1.39mg (13.91%), Magnesium: 52.65mg (13.16%), Vitamin E: 1.86mg (12.37%), Vitamin B1: 0.18mg (11.9%), Copper: 0.19mg (9.25%), Vitamin K: 6.91µg (6.58%), Folate: 26.31µg (6.58%), Calcium: 61.86mg (6.19%), Manganese: 0.11mg (5.37%), Fiber: 0.88g (3.53%)