



 13%  
HEALTH SCORE

# Roast New York Strip Loin with Garlic-Herb Crust

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

READY IN



45 min.

SERVINGS



10

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 pound beef strip steaks boneless fat trimmed
- 8 sage fresh
- 4 teaspoons thyme sprigs fresh
- 4 garlic clove
- 1.5 teaspoons pepper black
- 4 teaspoons olive oil
- 4 teaspoons salt

## Equipment

- paper towels
- oven
- roasting pan
- kitchen thermometer

## Directions

- With machine running, drop garlic into processor; blend until finely chopped.
- Add sage, thyme, oil, salt and pepper; process until paste forms.
- Pat meat dry with paper towels. Rub meat all over with herb paste. Cover; chill at least 3 hours. (Can be made 1 day ahead. Keep refrigerated.)
- Preheat oven to 450°F.
- Place meat, fat side up, on rack in roasting pan. Roast meat 15 minutes. Reduce oven temperature to 350°F. Roast meat until instant-read thermometer inserted into thickest part of meat registers 130°F for medium-rare, about 35 minutes (or 140°F for medium, about 40 minutes).
- Remove from oven; let stand 20 minutes.
- Cut crosswise into 1/3-inch-thick slices. Arrange slices on platter.

## Nutrition Facts

 **PROTEIN 30.66%**  **FAT 68.65%**  **CARBS 0.69%**

## Properties

Glycemic Index:10.7, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:16.016956326754%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg 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: 469.32kcal (23.47%), Fat: 35.12g (54.04%), Saturated Fat: 13.75g (85.93%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.01g (0.02%), Cholesterol: 156.04mg (52.01%), Sodium: 1021.28mg (44.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.3g (70.6%), Selenium: 41.19µg (58.85%), Vitamin B6: 0.99mg (49.46%), Vitamin B3: 9.42mg (47.09%), Zinc: 6.06mg (40.39%), Phosphorus: 333.39mg (33.34%), Vitamin B12: 1.67µg (27.82%), Potassium: 558.33mg (15.95%), Iron: 2.79mg (15.48%), Copper: 0.23mg (11.73%), Vitamin B2: 0.2mg (11.54%), Vitamin B5: 1.01mg (10.11%), Magnesium: 38.46mg (9.61%), Vitamin B1: 0.13mg (8.56%), Vitamin E: 0.98mg (6.52%), Calcium: 47.46mg (4.75%), Manganese: 0.09mg (4.7%), Folate: 18.59µg (4.65%), Vitamin K: 4.38µg (4.17%), Vitamin C: 1.66mg (2.01%)