

Rosemary Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



196 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 sprig rosemary fresh
- 1 cup red wine
- 1 teaspoon salt
- 4 new york strip steaks cut

Equipment

- bowl
- frying pan

Directions

- Combine the red wine, salt and rosemary in a small bowl.
- Let stand at room temperature for 2 to 3 hours.
- Heat a large griddle or cast-iron skillet over high heat.
- Place the steaks on the hot pan, and cook for about 8 minutes per side, or to desired degree of doneness. The internal temperature should be at least 145 degrees F (62 degrees C) for medium rare.
- Pour in the wine mixture, and allow it to boil for a minute.
- Serve steaks with sauce on a deep platter.

Nutrition Facts

PROTEIN 38.25% **FAT 60.43%** **CARBS 1.32%**

Properties

Glycemic Index:3.75, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:20.947825870598%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 521.11kcal (26.06%), Fat: 31.96g (49.17%), Saturated Fat: 14.22g (88.85%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.37g (0.41%), Cholesterol: 137.86mg (45.95%), Sodium: 701.3mg

(30.49%), Alcohol: 6.36g (100%), Alcohol %: 2.8% (100%), Protein: 45.51g (91.03%), Selenium: 55.27µg (78.95%), Zinc: 11.68mg (77.86%), Vitamin B12: 3.75µg (62.53%), Vitamin B3: 11.2mg (56%), Vitamin B6: 0.94mg (46.8%), Phosphorus: 339.26mg (33.93%), Vitamin B2: 0.56mg (32.87%), Iron: 4.17mg (23.17%), Potassium: 682.17mg (19.49%), Magnesium: 54.7mg (13.67%), Vitamin B1: 0.2mg (13.46%), Copper: 0.18mg (9.17%), Manganese: 0.08mg (4.05%), Vitamin K: 3.63µg (3.46%), Calcium: 21.06mg (2.11%), Folate: 7.41µg (1.85%), Vitamin D: 0.23µg (1.51%)