



Seared Steak with Potato-Artichoke Hash

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 3 tablespoons capers drained
- 3 tablespoons flat-leaf parsley fresh coarsely chopped
- 9 oz artichoke hearts frozen thawed
- 3 garlic cloves minced
- 0.3 teaspoon ground pepper red
- 1 teaspoon ground pepper black
- 1.5 teaspoons kosher salt

- 1 tablespoon juice of lemon fresh
- 2 teaspoons brown sugar light
- 4 tablespoons olive oil divided
- 22 oz potato wedges frozen thawed
- 1 medium size onion sweet chopped
- 1.5 lb tri-tip steak

Equipment

- frying pan
- oven
- grill
- aluminum foil
- grill pan

Directions

- Stir together brown sugar and next 3 ingredients. Rub steak with sugar mixture, and let stand 5 minutes.
- Heat 1 Tbsp. olive oil in a cast-iron grill pan over high heat.
- Add steak; cook, turning once, until seared, 12-16 minutes for medium-rare.
- Remove from skillet; cover loosely with aluminum foil. (Alternatively, cook steak on gas or charcoal grill.)
- Meanwhile, cook potatoes in remaining 3 Tbsp. hot oil in a large skillet over medium-high heat, stirring occasionally, 10 to 12 minutes or until golden.
- Remove from skillet.
- Melt 2 Tbsp. butter in skillet.
- Add onion; cook, stirring often, 5 to 7 minutes or until tender.
- Add artichokes and garlic; cook, stirring often, 5 minutes. Stir in parsley, next 2 ingredients, potatoes, and remaining 1 Tbsp. butter; cook, stirring often, 2 to 3 minutes.
- Cut steak diagonally across the grain into thin slices, and serve with potato mixture.
- Add salt and pepper to taste.

Note: We tested with Alexia All Natural Oven Reds with Olive Oil, Parmesan & Roasted Garlic potatoes.

Nutrition Facts

PROTEIN 24.46% **FAT 50.4%** **CARBS 25.14%**

Properties

Glycemic Index:43.29, Glycemic Load:13.5, Inflammation Score:-7, Nutrition Score:21.998260705367%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Kaempferol: 6.75mg, Kaempferol: 6.75mg, Kaempferol: 6.75mg, Kaempferol: 6.75mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Quercetin: 15.68mg, Quercetin: 15.68mg, Quercetin: 15.68mg, Quercetin: 15.68mg

Nutrients (% of daily need)

Calories: 444.25kcal (22.21%), Fat: 25.12g (38.64%), Saturated Fat: 8.54g (53.36%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 23.41g (8.51%), Sugar: 5g (5.56%), Cholesterol: 89.89mg (29.96%), Sodium: 828.8mg (36.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.86%), Vitamin B6: 1.08mg (53.9%), Vitamin B3: 8.52mg (42.59%), Vitamin K: 44.15µg (42.04%), Selenium: 27.24µg (38.92%), Vitamin C: 29.71mg (36.01%), Phosphorus: 319.69mg (31.97%), Zinc: 4.64mg (30.91%), Potassium: 999.25mg (28.55%), Folate: 100.25µg (25.06%), Vitamin B12: 1.21µg (20.23%), Manganese: 0.4mg (19.75%), Fiber: 4.78g (19.13%), Iron: 3.18mg (17.68%), Magnesium: 67.98mg (17%), Vitamin B1: 0.21mg (14%), Copper: 0.27mg (13.71%), Vitamin B2: 0.23mg (13.56%), Vitamin E: 1.97mg (13.16%), Vitamin B5: 1.15mg (11.51%), Vitamin A: 453.83IU (9.08%), Calcium: 72mg (7.2%)