



## Seared Strip Steaks with North African-Spiced Butter

 Gluten Free  Low Fod Map

READY IN



61 min.

SERVINGS



2

CALORIES



1065 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1 tablespoon oil
- 1 teaspoon paprika smoked
- 20 ounce new york strip steaks
- 8 tablespoons butter unsalted at room temperature (1 stick)

## Equipment

- bowl
- frying pan
- paper towels
- plastic wrap
- wooden spoon
- spatula

## Directions

- Watch how to make this recipe.
- For the butter: Using a rubber spatula or wooden spoon, work butter in a bowl until it is softened and very spreadable.
- Add all other ingredients, and mix until thoroughly combined.
- Place butter in the middle of a piece of plastic wrap, shape butter into a log, wrap it up, and twist the ends of the plastic to close.
- Place in the refrigerator until firm, at least 30 minutes.
- For the steaks: Pat steaks dry with paper towels, coat with olive oil, and set aside to come to room temperature, at least 5 minutes.
- Heat a large seasoned cast iron skillet or large frying pan over medium-high heat until hot but not smoking, about 3 minutes.
- Place steaks in pan and cook, undisturbed so they can get well-browned, about 5 minutes per side for medium-rare.
- Remove steaks to a dish, top with pats of compound butter, and let rest 10 minutes before serving.

## Nutrition Facts

 **PROTEIN 21.56%**  **FAT 77.78%**  **CARBS 0.66%**

## Properties

Glycemic Index:26, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:30.494347826942%

## Nutrients (% of daily need)

Calories: 1064.65kcal (53.23%), Fat: 93.1g (143.23%), Saturated Fat: 47.17g (294.83%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.19g (0.21%), Cholesterol: 293.33mg (97.78%), Sodium: 1320.46mg (57.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.06g (116.13%), Selenium: 69.93µg (99.9%), Zinc: 14.74mg (98.28%), Vitamin B12: 4.8µg (80.02%), Vitamin B3: 14.1mg (70.51%), Vitamin B6: 1.16mg (58.22%), Phosphorus: 435.58mg (43.56%), Vitamin B2: 0.72mg (42.14%), Vitamin A: 1962.64IU (39.25%), Iron: 6.48mg (36.02%), Potassium: 838.65mg (23.96%), Vitamin E: 2.89mg (19.25%), Vitamin B1: 0.27mg (17.91%), Magnesium: 70.64mg (17.66%), Vitamin K: 14.89µg (14.18%), Copper: 0.26mg (13.11%), Manganese: 0.15mg (7.58%), Vitamin D: 1.12µg (7.49%), Calcium: 57.13mg (5.71%), Fiber: 0.69g (2.74%), Folate: 10.96µg (2.74%)