



## Simply Great Steak with Grilled Fries

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 medium baking potatoes cut into 12 wedges ( 1 1/2 pounds)
- 0.5 teaspoon chili powder
- 0.5 teaspoon garlic powder
- 1 teaspoon pepper black
- 1 teaspoon kosher salt
- 1 teaspoon olive oil
- 0.5 teaspoon onion powder
- 2 teaspoons paprika

- 2 pound sirloin steak thick ()
- 2 medium sweet potatoes and into cut into 12 wedges ( 1 1/2 pounds)
- 1 teaspoon butter unsalted softened
- 2 tablespoons worcestershire sauce

## Equipment

- bowl
- grill

## Directions

- To prepare steak, coat porterhouse steak with Worcestershire. Cover and marinate steak in refrigerator 30 minutes, turning occasionally.
- Prepare grill with one side on medium heat and one side on high heat.
- Remove steak from Worcestershire; discard Worcestershire.
- Sprinkle steak with 1 teaspoon salt and 1 teaspoon pepper; let stand at room temperature 15 minutes.
- Place steak on grill rack coated with cooking spray over high heat; grill 3 minutes on each side. Turn steak and place over medium heat; grill 3 minutes on each side or until desired degree of doneness.
- Place steak on a platter. Rub butter over top of steak; let stand 10 minutes.
- To prepare fries, combine 1 teaspoon salt, paprika, 1 teaspoon pepper, garlic powder, onion powder, and chili powder.
- Combine oil and potatoes in a large bowl, tossing to coat.
- Sprinkle potatoes with paprika mixture; toss gently to coat.
- Place potatoes on grill rack coated with cooking spray over medium heat; grill 18 minutes or until sweet potatoes are tender, turning occasionally.
- Remove sweet potatoes; keep warm. Grill baking potatoes an additional 6 minutes or until tender.

## Nutrition Facts



■ PROTEIN **28.97%** ■ FAT **45.62%** ■ CARBS **25.41%**

## Properties

Glycemic Index:32.46, Glycemic Load:17.64, Inflammation Score:-10, Nutrition Score:24.681739240237%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 477.35kcal (23.87%), Fat: 23.97g (36.87%), Saturated Fat: 9.66g (60.39%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 26.44g (9.61%), Sugar: 4.26g (4.73%), Cholesterol: 86.46mg (28.82%), Sodium: 591.51mg (25.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.49%), Vitamin A: 11093.15IU (221.86%), Vitamin B12: 4.2µg (70.08%), Vitamin B6: 1mg (50.05%), Selenium: 25.9µg (37%), Zinc: 5.46mg (36.39%), Phosphorus: 345.83mg (34.58%), Vitamin B3: 6.78mg (33.88%), Potassium: 1090.27mg (31.15%), Iron: 4.64mg (25.77%), Vitamin B2: 0.36mg (21.18%), Manganese: 0.39mg (19.35%), Vitamin B1: 0.28mg (18.47%), Magnesium: 68.55mg (17.14%), Copper: 0.33mg (16.56%), Fiber: 3.61g (14.42%), Vitamin B5: 1.31mg (13.12%), Vitamin C: 6.64mg (8.05%), Folate: 28.43µg (7.11%), Calcium: 51.8mg (5.18%), Vitamin K: 4.42µg (4.21%), Vitamin E: 0.59mg (3.91%)