



## Sous Vide New York Strip Steaks

 Gluten Free

READY IN



175 min.

SERVINGS



2

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon balsamic vinegar
- 1 tablespoon butter cold
- 1 clove garlic crushed
- 1 cup clamshell mushrooms separated
- 2 servings salt and pepper black freshly ground to taste
- 24 ounce new york strip steaks
- 1 teaspoon vegetable oil
- 2 tablespoons water

## Equipment

- frying pan
- kitchen thermometer
- ziploc bags
- dutch oven

## Directions

- Fill a large Dutch oven about 2/3 full with water. Bring water to 130 degrees F (54 degrees C) over medium heat. Attach a candy/oil thermometer to the side of the Dutch oven in order to monitor and maintain the water temperature.
- Generously season steaks with salt and black pepper.
- Heat vegetable oil in a large skillet over high heat.
- Place steaks in skillet and cook until just browned, 1 minute per side.
- Transfer steaks to a resealable plastic bag, squeeze out all air, and seal.
- Place plastic bag containing steaks in the Dutch oven, adjusting the heat as necessary to maintain the temperature at 130 degrees F (54 degrees C). Cook for 2 1/2 hours, moving the bag around occasionally and maintaining the temperature.
- While the steaks are cooking, heat 1 tablespoon butter in the skillet over medium-low heat.
- Add mushrooms; cook, stirring, until mushrooms are soft, 5 minutes.
- Transfer to a plate and set aside.
- Remove steaks from plastic bag (reserving any accumulated juices) and pat dry. Generously season with salt and pepper.
- Heat 1 teaspoon vegetable oil in the skillet over high heat.
- Place steaks in skillet and cook to form a crust, 2 minutes per side.
- Transfer steaks to a plate.
- Stir garlic and reserved mushrooms into skillet, reduce heat to medium, and cook until mushrooms are reheated, 2 minutes. Stir in reserved juices, water, and balsamic vinegar.
- Remove from heat.

Stir in 1 tablespoon cold butter until completely melted and incorporated. Season with salt and pepper to taste. Spoon sauce over steaks and serve.

## Nutrition Facts

**PROTEIN 35.24%** **FAT 63.58%** **CARBS 1.18%**

### Properties

Glycemic Index:97, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:32.194782329642%

### Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 791.83kcal (39.59%), Fat: 56.2g (86.47%), Saturated Fat: 25.37g (158.54%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.16g (1.29%), Cholesterol: 222.57mg (74.19%), Sodium: 225.62mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.1g (140.2%), Selenium: 87.76µg (125.37%), Zinc: 17.73mg (118.19%), Vitamin B12: 5.68µg (94.64%), Vitamin B3: 18.4mg (92.02%), Vitamin B6: 1.43mg (71.32%), Vitamin B2: 1.01mg (59.43%), Phosphorus: 535.53mg (53.55%), Iron: 6.14mg (34.1%), Potassium: 1074.78mg (30.71%), Vitamin B1: 0.34mg (22.78%), Copper: 0.43mg (21.33%), Magnesium: 76.75mg (19.19%), Vitamin K: 9.92µg (9.45%), Vitamin B5: 0.74mg (7.37%), Folate: 18.64µg (4.66%), Vitamin A: 226.64IU (4.53%), Manganese: 0.06mg (3.1%), Calcium: 30.88mg (3.09%), Vitamin D: 0.44µg (2.91%), Vitamin E: 0.35mg (2.36%), Fiber: 0.54g (2.15%), Vitamin C: 1.48mg (1.79%)