



Steak Au Poivre and Broiled Stuffed Tomatoes

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

817 kcal

SIDE DISH

Ingredients

- ☐ 2 cups arugula leaves
- ☐ 0.3 cup brandy good
- ☐ 0.5 cup bread crumbs stale
- ☐ 2 tablespoons butter
- ☐ 1 clove garlic chopped
- ☐ 3 tablespoons coarse ground pepper black
- ☐ 4 servings olive oil extra-virgin for drizzling, plus 1 tablespoon olive oil
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 0.5 teaspoon pepper flakes red crushed

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 tops red yellow ripe trimmed seeded
- ☐ 4 new york strip steaks

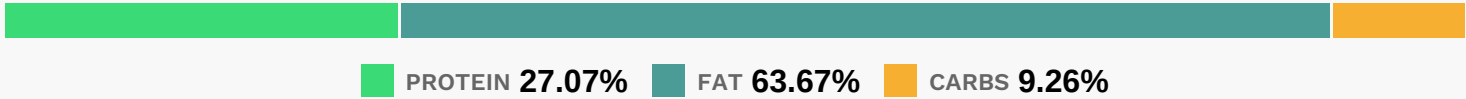
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heavy bottomed skillet over medium high to high heat.
- ☐ Arrange tomatoes on a broiler pan.
- ☐ Drizzle tomatoes with oil and season with salt and pepper.
- ☐ Combine bread crumbs, cheese, red pepper flakes, garlic, arugula and 1 tablespoon oil in food processor and pulse grind to form stuffing. Stuff tomatoes to the rims with arugula mixture and place in the center of the oven.
- ☐ Bake 10 to 12 minutes.
- ☐ Let tomatoes stand 5 minutes before serving.
- ☐ Let steaks sit 10 minutes once removed from the refrigerator. Coat steaks liberally on both sides with coarse black pepper. To a very hot pan, drizzle oil to thinly coat the cooking surface. It will smoke.
- ☐ Add steaks immediately. Sear and seal the steaks, cooking them 4 minutes on each side. for medium rare doneness. Reduce heat a bit and cook 5 minutes longer for medium to medium well doneness.
- ☐ Remove steaks and let stand 5 minutes.
- ☐ Add brandy to the skillet and warm, then ignite.
- ☐ Add butter to the skillet, then spoon pan juices over steaks.
- ☐ Serve stuffed tomatoes along side steaks.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:29.982608727787%

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 Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 817.17kcal (40.86%), Fat: 55.93g (86.05%), Saturated Fat: 22.04g (137.74%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 15.97g (5.81%), Sugar: 1.3g (1.45%), Cholesterol: 161.41mg (53.8%), Sodium: 472.18mg (20.53%), Alcohol: 5.01g (100%), Alcohol %: 2.02% (100%), Protein: 53.52g (107.04%), Selenium: 61.84µg (88.34%), Zinc: 12.27mg (81.78%), Vitamin B12: 3.96µg (66.01%), Vitamin B3: 12.12mg (60.58%), Vitamin B6: 0.96mg (48.25%), Phosphorus: 451.11mg (45.11%), Vitamin B2: 0.66mg (38.77%), Manganese: 0.76mg (38.24%), Iron: 5.61mg (31.17%), Vitamin K: 32.12µg (30.59%), Calcium: 253.91mg (25.39%), Vitamin B1: 0.35mg (23.14%), Potassium: 751.68mg (21.48%), Magnesium: 72.03mg (18.01%), Vitamin E: 2.4mg (16.02%), Copper: 0.29mg (14.57%), Vitamin A: 643.11IU (12.86%), Fiber: 2.33g (9.34%), Folate: 32.88µg (8.22%), Vitamin C: 6mg (7.27%), Vitamin B5: 0.25mg (2.54%), Vitamin D: 0.29µg (1.92%)