

 food
network

Steak Oscar

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch asparagus ends trimmed
- ☐ 40 ounces beef filet steaks 2-inch-thick
- ☐ 1 tablespoon butter
- ☐ 2 sticks butter cooled melted
- ☐ 2 tablespoons butter
- ☐ 4 servings cayenne pepper as needed
- ☐ 3 egg yolks
- ☐ 4 servings parsley fresh chopped for garnish

- ☐ 1 tablespoon tarragon dried fresh chopped
- ☐ 2 juice of lemon
- ☐ 8 ounces shrimp shelled deveined 16- to 20-count
- ☐ 1 Dash kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil

Equipment

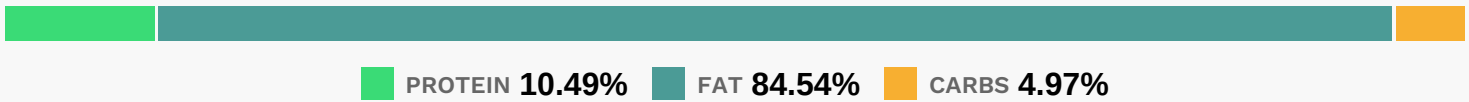
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Add the egg yolks to a blender or a food processor and blend.
- ☐ Add the lemon juice and blend for several seconds. With the blender on, slowly drizzle in the melted butter. Turn off the blender, add in a little salt and cayenne and whip it again until combined.
- ☐ Add the chopped tarragon and pulse. Set aside.
- ☐ For the steak: Generously salt and pepper both sides of the steaks.
- ☐ Heat an ovenproof skillet over medium-high heat.
- ☐ Add the butter and olive oil. When the butter melts, add the steaks to the skillet and sear on both sides until a really nice color, about 1 minute per side.
- ☐ Place the skillet in the oven to finish cooking the steaks. Cook until medium rare, 4 to 5 minutes. Cover loosely in foil and allow to rest for 5 minutes.
- ☐ Put the asparagus on a baking sheet, drizzle over the olive oil and sprinkle on some salt and pepper. Roast for 5 to 10 minutes.

- ☐
- For the shrimp: Melt the butter in a pan over medium-high heat.
- ☐
- Add the shrimp and saute until pink and dark golden brown.
- ☐
- Sprinkle on some salt and pepper. Set aside.
- ☐
- Place each filet steak on a plate and place three to four asparagus spears on top. Pile on some sauteed shrimp and drizzle on some hollandaise
- ☐
- Sprinkle on the parsley and serve.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:21.844347746476%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 15.79mg, Quercetin: 15.79mg, Quercetin: 15.79mg, Quercetin: 15.79mg

Nutrients (% of daily need)

Calories: 642.01kcal (32.1%), Fat: 62.38g (95.97%), Saturated Fat: 36.42g (227.65%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 5.02g (1.82%), Sugar: 2.85g (3.17%), Cholesterol: 381.14mg (127.05%), Sodium: 520.87mg (22.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.82%), Vitamin K: 121.06µg (115.3%), Vitamin A: 3963.61IU (79.27%), Vitamin E: 4.33mg (28.85%), Phosphorus: 263.58mg (26.36%), Folate: 96.23µg (24.06%), Vitamin C: 19.83mg (24.03%), Copper: 0.47mg (23.69%), Iron: 4.09mg (22.75%), Manganese: 0.4mg (20.21%), Vitamin B2: 0.3mg (17.7%), Selenium: 11.09µg (15.85%), Potassium: 539.84mg (15.42%), Vitamin B1: 0.21mg (13.74%), Fiber: 3.24g (12.95%), Zinc: 1.91mg (12.72%), Vitamin B6: 0.25mg (12.68%), Calcium: 126.58mg (12.66%), Magnesium: 49.79mg (12.45%), Vitamin B5: 0.82mg (8.23%), Vitamin B3: 1.53mg (7.65%), Vitamin B12: 0.38µg (6.29%), Vitamin D: 0.73µg (4.86%)