



Steak With Blue Cheese Sherry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons cheese crumbles blue
- 2 tablespoons olive oil for brushing steaks
- 2 teaspoons parsley finely chopped
- 2 tablespoons cooking sherry (inexpensive cooking Sherry is okay!)
- 0.7 pound top round

Equipment

- sauce pan
- whisk

grill

Directions

- Combine Sherry and oil in a small sauce pan. Bring to a boil and cook until the alcohol has burned off.Reduce heat to a low simmer and add the blue cheese; whisk until creamy.
- Brush steaks with olive oil and grill 1 minute – 90 seconds on each side.Warm up sauce and add chopped parsley.
- Pour sauce over steaks and serve.

Nutrition Facts

PROTEIN 42.49% **FAT 56.77%** **CARBS 0.74%**

Properties

Glycemic Index:37, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:19.019565217391%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 17.2%, Saltiness: 100%, Sourness: 34.04%, Bitterness: 22.58%, Savoriness: 58.91%, Fattiness: 68.7%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 368.21kcal (18.41%), Fat: 22.11g (34.01%), Saturated Fat: 5.64g (35.25%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.2g (0.22%), Cholesterol: 100.11mg (33.37%), Sodium: 218.6mg (9.5%), Alcohol: 1.55g (8.58%), Protein: 37.23g (74.46%), Selenium: 49.77µg (71.1%), Vitamin B3: 10.53mg (52.63%), Vitamin B6: 1.05mg (52.58%), Zinc: 7.21mg (48.05%), Phosphorus: 382.08mg (38.21%), Vitamin B12: 2.17µg (36.15%), Iron: 3.14mg (17.42%), Potassium: 602.19mg (17.21%), Vitamin E: 2.48mg (16.54%), Vitamin B2: 0.26mg (15.57%), Vitamin B5: 1.22mg (12.15%), Vitamin K: 12.19µg (11.61%), Magnesium: 41.76mg (10.44%), Vitamin B1: 0.15mg (9.83%), Calcium: 90.33mg (9.03%), Copper: 0.17mg (8.34%), Folate: 25.25µg (6.31%), Manganese: 0.04mg (1.99%), Vitamin A: 88.54IU (1.77%)