



## Steak with Mushroom Gnocchi

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter softened
- 2 tablespoons dijon mustard country-style
- 1 tablespoon tarragon fresh chopped
- 4 servings d gnocchi
- 1 teaspoon kosher salt
- 1 teaspoon pepper freshly ground
- 2 lb beef rib steak 1-inch-thick ()

### Equipment

grill

## Directions

- Preheat grill to 350 to 400 (medium-high) heat. Rub steaks with salt and pepper; let stand 10 minutes.
- Meanwhile, stir together butter, mustard, and tarragon.
- Grill steaks, covered with grill lid, 8 to 10 minutes on each side or to desired degree of doneness.
- Remove from grill, and spread with tarragon butter.
- Serve with Mushroom Gnocchi.

## Nutrition Facts

 **PROTEIN 31.57%**  **FAT 67.1%**  **CARBS 1.33%**

## Properties

Glycemic Index:63, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:22.784347909948%

## Nutrients (% of daily need)

Calories: 586.07kcal (29.3%), Fat: 43.98g (67.66%), Saturated Fat: 21.62g (135.13%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.12g (0.13%), Cholesterol: 168.85mg (56.28%), Sodium: 877.6mg (38.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.56g (93.12%), Selenium: 58.13µg (83.05%), Zinc: 11.77mg (78.47%), Vitamin B12: 3.79µg (63.15%), Vitamin B3: 11.31mg (56.57%), Vitamin B6: 0.95mg (47.71%), Phosphorus: 344.36mg (34.44%), Vitamin B2: 0.58mg (33.89%), Iron: 4.68mg (25.99%), Potassium: 682.08mg (19.49%), Vitamin B1: 0.22mg (14.63%), Magnesium: 58.45mg (14.61%), Manganese: 0.24mg (11.8%), Copper: 0.2mg (10.07%), Vitamin A: 470.13IU (9.4%), Vitamin K: 5.33µg (5.07%), Calcium: 46.71mg (4.67%), Folate: 12.63µg (3.16%), Fiber: 0.6g (2.41%), Vitamin E: 0.36mg (2.4%), Vitamin D: 0.23µg (1.51%), Vitamin C: 0.9mg (1.1%)