



Strip Steak With Spiced Salt



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 tablespoon coriander seeds
- ☐ 1 teaspoon dill seeds
- ☐ 1 clove garlic minced
- ☐ 6 servings kosher salt
- ☐ 6 servings olive oil extra-virgin for brushing
- ☐ 2 teaspoons paprika
- ☐ 2 teaspoons pepper flakes red

- ☐ 48 ounces new york strip steaks boneless
- ☐ 1 pound tomatoes

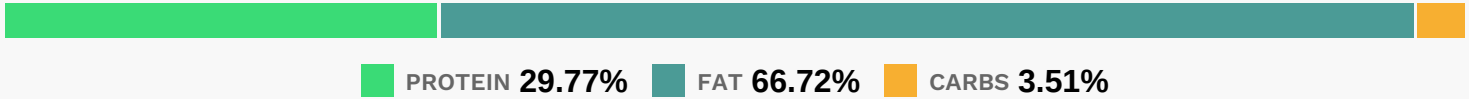
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat the oven to 250 degrees F. Line a baking sheet with foil.
- ☐ Spread 2 tablespoons salt, the coriander seeds, peppercorns, paprika, red pepper flakes, dill seeds and minced garlic in an even layer on the baking sheet and roast until the garlic is dry, about 30 minutes; let cool.
- ☐ Transfer to a spice grinder and pulse several times. (The spiced salt can be made up to 1 week ahead; store in an airtight container.)
- ☐ Remove the steaks from the refrigerator about 1 hour before grilling to bring to room temperature; sprinkle each side with 1/2 teaspoon of the prepared spiced salt, then cover with plastic wrap and set aside.
- ☐ Preheat a grill to high and prepare for indirect grilling: On a charcoal grill, bank the coals to one side; on a gas grill, turn off half of the burners. Wipe the salt off the steaks and pat dry; brush lightly with olive oil. Grill over direct heat until marked on the bottom, about 2 minutes, then rotate 90 degrees F and cook 2 more minutes. Flip the steaks and repeat on the other side, then transfer to the cooler side of the grill (indirect heat); cook 5 more minutes per side for medium rare.
- ☐ Transfer to a cutting board and let rest 5 to 10 minutes.
- ☐ Meanwhile, grill the tomatoes over direct heat, turning, until marked, about 5 minutes.
- ☐ Serve with the steaks and the remaining spiced salt.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:1.04, Inflammation Score:-7, Nutrition Score:26.645652413368%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 621.34kcal (31.07%), Fat: 46.66g (71.78%), Saturated Fat: 16.28g (101.77%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 3.29g (1.2%), Sugar: 2.12g (2.36%), Cholesterol: 138.35mg (46.12%), Sodium: 327.95mg (14.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.84g (93.69%), Selenium: 55.93µg (79.9%), Zinc: 11.9mg (79.36%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.75mg (58.74%), Vitamin B6: 1.01mg (50.28%), Phosphorus: 356.6mg (35.66%), Vitamin B2: 0.58mg (33.99%), Iron: 4.8mg (26.69%), Potassium: 854.23mg (24.41%), Vitamin A: 1199.13IU (23.98%), Vitamin K: 21.78µg (20.74%), Vitamin E: 2.89mg (19.27%), Manganese: 0.35mg (17.59%), Magnesium: 64.75mg (16.19%), Vitamin B1: 0.24mg (15.84%), Copper: 0.27mg (13.38%), Vitamin C: 10.77mg (13.06%), Fiber: 2.23g (8.91%), Folate: 18.99µg (4.75%), Calcium: 46.92mg (4.69%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.12mg (1.16%)