



Strip Steaks with Chipotle-Peach Glaze

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup peach preserves
- 0.3 cup juice of lime
- 1 chipotles in adobo seeded chopped (from 7-oz can)
- 1 teaspoon chiles in adobo sauce canned (from can of chiles)
- 2 tablespoons cilantro leaves fresh chopped
- 3 lb beef strip steaks boneless
- 1 teaspoon highest available proof grain spirit
- 0.5 teaspoon ground cumin

- 0.5 teaspoon salt
- 4 peaches pitted halved
- 1 sprigs cilantro leaves

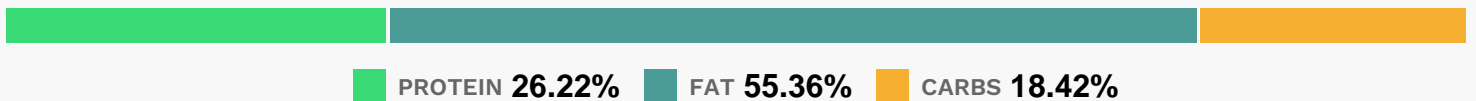
Equipment

- sauce pan
- grill

Directions

- Heat coals or gas grill for direct heat. In 1-quart saucepan, heat preserves, lime juice, chile and adobo sauce over low heat, stirring occasionally, until preserves are melted. Stir in chopped cilantro; set aside.
- Sprinkle each beef steak with garlic-pepper blend, cumin and salt. Cover and grill beef over medium heat 15 to 18 minutes for medium doneness, turning once or twice and brushing top of beef with preserves mixture during last 2 minutes of grilling.
- Add peach halves to grill for last 2 to 3 minutes of grilling just until heated.
- Heat any remaining preserves mixture to boiling; boil and stir 1 minute.
- Serve with beef and peaches.
- Garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:27.53, Glycemic Load:10.76, Inflammation Score:-4, Nutrition Score:17.00304344426%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin:

0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 521.71kcal (26.09%), Fat: 31.79g (48.91%), Saturated Fat: 12.71g (79.45%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 22.17g (8.06%), Sugar: 16.89g (18.76%), Cholesterol: 146.28mg (48.76%), Sodium: 354.74mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.87g (67.75%), Selenium: 40.5µg (57.85%), Vitamin B3: 9.48mg (47.41%), Vitamin B6: 0.94mg (46.97%), Zinc: 5.89mg (39.23%), Phosphorus: 334.88mg (33.49%), Vitamin B12: 1.56µg (26.08%), Potassium: 635.03mg (18.14%), Iron: 2.95mg (16.38%), Vitamin B2: 0.22mg (13.06%), Magnesium: 43.27mg (10.82%), Vitamin B5: 1.07mg (10.71%), Copper: 0.2mg (10.15%), Vitamin B1: 0.14mg (9.51%), Vitamin C: 7.36mg (8.92%), Vitamin E: 1.32mg (8.82%), Fiber: 1.65g (6.59%), Folate: 25.49µg (6.37%), Vitamin K: 6.25µg (5.96%), Vitamin A: 276.94IU (5.54%), Calcium: 48.14mg (4.81%), Manganese: 0.09mg (4.26%)