



## Thyme-Rubbed Steaks with Sauteed Mushrooms

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 0.5 teaspoon thyme leaves dried
- 8 ounce mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 1 teaspoon ground pepper black
- 0.5 teaspoon onion powder
- 2 teaspoons paprika

- 2 tablespoons red wine
- 1 teaspoon salt
- 4 servings salt and pepper to taste
- 0.3 cup shallots minced
- 1 pound new york strip steaks
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan

## Directions

- In a small bowl, mix together the paprika, salt, pepper, garlic powder, onion powder and thyme.
- Sprinkle onto each side of the steaks, pressing in so it adheres. Set aside.
- Melt the butter in a skillet over medium-high heat.
- Add the shallots; cook and stir for about 1 minute.
- Add the mushrooms, and cook for a few more minutes, until tender. Stir in the red wine, and cook until most of the liquid has evaporated.
- Remove from the heat and keep warm.
- Heat the oil in a separate skillet over medium-high heat. Fry steaks for 5 to 7 minutes per side, or to your desired degree of doneness.
- Remove to a plate and let rest for a few minutes. Top with mushrooms and serve.

## Nutrition Facts

 **PROTEIN 28.56%**  **FAT 64.73%**  **CARBS 6.71%**

## Properties

Glycemic Index:44.75, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:16.493478350017%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 352.12kcal (17.61%), Fat: 25.48g (39.2%), Saturated Fat: 11.31g (70.71%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 4.31g (1.57%), Sugar: 2.47g (2.75%), Cholesterol: 84.22mg (28.07%), Sodium: 885.3mg (38.49%), Alcohol: 0.8g (100%), Alcohol %: 0.49% (100%), Protein: 25.29g (50.59%), Selenium: 33.43µg (47.75%), Zinc: 6.27mg (41.79%), Vitamin B3: 7.76mg (38.82%), Vitamin B12: 1.92µg (31.95%), Vitamin B2: 0.52mg (30.65%), Vitamin B6: 0.6mg (29.92%), Phosphorus: 230.87mg (23.09%), Potassium: 582.36mg (16.64%), Iron: 2.9mg (16.11%), Copper: 0.3mg (15.08%), Vitamin A: 692.71IU (13.85%), Vitamin K: 12.37µg (11.78%), Vitamin B1: 0.16mg (10.84%), Vitamin B5: 0.94mg (9.38%), Magnesium: 36.56mg (9.14%), Manganese: 0.18mg (8.91%), Fiber: 1.63g (6.53%), Vitamin E: 0.76mg (5.07%), Folate: 19.61µg (4.9%), Vitamin C: 2.51mg (3.04%), Calcium: 25.99mg (2.6%), Vitamin D: 0.23µg (1.51%)