

# Garlic Butter Herb Steak and Mushrooms

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-herb-steak-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon butter for steaks
- 6 ounces mushrooms sliced
- 3 garlic cloves minced
- 1 teaspoon thyme chopped, for steaks
- 1 teaspoon rosemary chopped, for steaks
- 1 teaspoon oregano chopped, for steaks
- 2 steaks lean New York Steak strip
- salt
- pepper
- 1/4 cup softened butter for compound butter
- 3 garlic cloves minced
- 1 teaspoon thyme chopped, for compound butter
- 1 teaspoon rosemary chopped, for compound butter
- 1 teaspoon oregano chopped, for compound butter

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 10 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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