



3 Tasty Tapas: Sherry-Garlic Beef, Sherry-Garlic Mushrooms, Grilled Chorizo

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds sirloin of beef trimmed cut into bite sized pieces well
- 1 pound chorizo sausage
- 8 servings coarse salt and pepper
- 1 cup cooking sherry dry
- 8 cloves garlic
- 0.3 cup olive oil extra-virgin
- 0.5 cup parsley leaves

- 24 mushroom caps medium to large

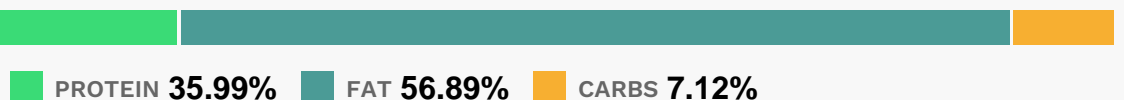
Equipment

- food processor
- frying pan
- grill
- aluminum foil
- grill pan

Directions

- Preheat a grill pan over medium high heat.
- Place parsley and garlic in food processor and chop.
- Heat a large, heavy skillet over high heat.
- Cut chorizo on an angle in 1/2-inch slices. Grill 2 minutes on each side.
- Transfer to a serving dish.
- To the hot skillet, add about 2 tablespoons extra-virgin olive oil, 2 turns of the pan.
- Add meat and sear the pieces on all sides to caramelize it evenly.
- Add half of the garlic and parsley mixture to the pan. Turn to coat the meat. Season meat with salt and pepper.
- Add 1/2 cup sherry and turn the meat in the wine as it deglazes the pan.
- Transfer to a serving dish and cover with loose foil to keep warm. Return pan to heat.
- Repeat the same process with the mushrooms: add extra-virgin olive oil to the pan, 2 tablespoons or 2 turns of the pan.
- Add mushrooms, cook 3 or 4 minutes to char edges and soften, add parsley and garlic, then salt and pepper, then sherry. Reduce sherry while scraping up pan drippings and remove to serving dish.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:16.665652218072%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 299.56kcal (14.98%), Fat: 17.28g (26.58%), Saturated Fat: 6.48g (40.53%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.63g (1.32%), Sugar: 1.35g (1.5%), Cholesterol: 86.78mg (28.93%), Sodium: 251.71mg (10.94%), Alcohol: 3.09g (100%), Alcohol %: 1.72% (100%), Protein: 24.59g (49.18%), Vitamin K: 66.67µg (63.5%), Selenium: 27.35µg (39.07%), Vitamin B3: 7.14mg (35.7%), Vitamin B6: 0.71mg (35.64%), Zinc: 4.06mg (27.04%), Phosphorus: 231.85mg (23.19%), Vitamin C: 16.21mg (19.65%), Vitamin B12: 1.06µg (17.72%), Iron: 2.71mg (15.04%), Potassium: 468.51mg (13.39%), Vitamin B2: 0.22mg (12.84%), Vitamin B5: 1.21mg (12.1%), Vitamin A: 601.88IU (12.04%), Manganese: 0.2mg (9.97%), Magnesium: 33.59mg (8.4%), Vitamin E: 1.23mg (8.21%), Copper: 0.16mg (7.9%), Vitamin B1: 0.09mg (6.12%), Folate: 21.76µg (5.44%), Fiber: 1.24g (4.95%), Calcium: 42.77mg (4.28%), Vitamin D: 0.17µg (1.12%)