



Balsamic Steak au Poivre

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons peppercorns mixed
- ☐ 0.3 cup shallots finely chopped
- ☐ 16 ounce fat-trimmed beef flank steak trimmed ()

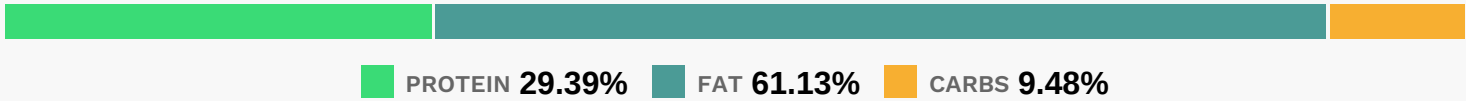
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large cast-iron skillet over high heat. Pat steaks dry with paper towels; sprinkle steaks evenly with salt. Press peppercorns onto both sides of steaks.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan; let stand 5 minutes.
- ☐ Cut each steak in half.
- ☐ While steaks rest, add shallots to pan; cook 1 minute or until almost tender. Stir in broth and vinegar, scraping pan to loosen browned bits. Bring to a boil; cook 2 minutes or until reduced by half.
- ☐ Remove from heat; stir in butter.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:2.11, Inflammation Score:-3, Nutrition Score:14.344782699709%

Nutrients (% of daily need)

Calories: 327.56kcal (16.38%), Fat: 22.56g (34.7%), Saturated Fat: 9.49g (59.3%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 5.98g (2.17%), Sugar: 2.78g (3.09%), Cholesterol: 76.7mg (25.57%), Sodium: 287.09mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.8%), Selenium: 28.19µg (40.27%), Zinc: 5.97mg (39.77%), Manganese: 0.71mg (35.3%), Vitamin B12: 1.89µg (31.47%), Vitamin B3: 5.65mg (28.25%), Vitamin B6: 0.54mg (26.76%), Phosphorus: 185.38mg (18.54%), Vitamin B2: 0.29mg (16.77%), Iron: 2.75mg (15.29%), Potassium: 506.07mg (14.46%), Vitamin K: 12.4µg (11.81%), Magnesium: 37.54mg (9.38%), Copper: 0.17mg (8.72%), Vitamin B1: 0.12mg (7.81%), Fiber: 1.9g (7.58%), Vitamin E: 0.65mg (4.3%), Calcium: 40.51mg (4.05%), Folate: 11.06µg (2.77%), Vitamin A: 132.61IU (2.65%), Vitamin C: 1.58mg (1.91%), Vitamin B5: 0.13mg (1.31%)