



Bison Steaks with Fig-Balsamic Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



25

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar plain
- ☐ 20 ounces bison tenderloin steaks
- ☐ 2 cups cooking wine dry red
- ☐ 4 large garlic cloves smashed large
- ☐ 25 servings pepper freshly ground
- ☐ 25 servings salt
- ☐ 4 tablespoons butter unsalted
- ☐ 2 tablespoons veal demiglace see Note

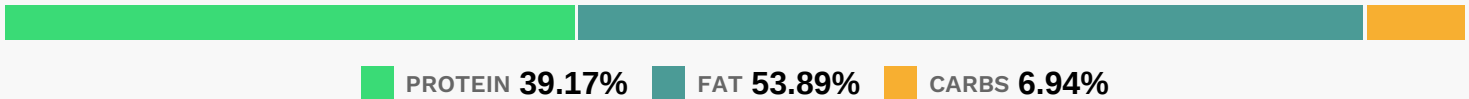
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen thermometer

Directions

- ☐ In a small saucepan, combine the wine, vinegar and demiglace and bring to a boil. Simmer over moderate heat until the sauce is reduced to a thick glaze (about 1/2 cup), about 20 minutes. Season the glaze lightly with salt and pepper.
- ☐ In a heavy skillet, melt the butter. Lightly season the steaks with salt and pepper and add them to the pan.
- ☐ Add the garlic and cook over moderate heat, turning the steaks occasionally, until browned and crusty all over and an instant-read thermometer inserted in the center registers 130 for medium-rare, about 14 minutes.
- ☐ Transfer the steaks to a platter and let rest for 5 minutes; discard the garlic.
- ☐ Transfer the steaks to plates and serve with the fig-balsamic sauce.

Nutrition Facts



Properties

Glycemic Index:4.48, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.5621739023406%

Flavonoids

Petunidin: 0.64mg, Petunidin: 0.64mg, Petunidin: 0.64mg, Petunidin: 0.64mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.04mg, Malvidin: 5.04mg, Malvidin: 5.04mg, Malvidin: 5.04mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 69.36kcal (3.47%), Fat: 3.25g (5%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.2g (0.22%), Cholesterol: 20.3mg (6.77%), Sodium: 207.88mg (9.04%), Alcohol: 2.02g (100%), Alcohol %: 5.36% (100%), Protein: 5.31g (10.62%), Selenium: 7.11µg (10.16%), Vitamin B3: 1.55mg (7.74%), Vitamin B6: 0.15mg (7.61%), Zinc: 0.95mg (6.31%), Phosphorus: 51.47mg (5.15%), Vitamin B12: 0.23µg (3.84%), Potassium: 89.28mg (2.55%), Iron: 0.4mg (2.23%), Vitamin B2: 0.03mg (1.85%), Vitamin B5: 0.17mg (1.69%), Magnesium: 5.99mg (1.5%), Manganese: 0.03mg (1.29%), Vitamin B1: 0.02mg (1.26%), Vitamin A: 56.57IU (1.13%), Copper: 0.02mg (1.11%)