



Bistec Encebollado (Colombian-Steak with Onion Sauce)

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds skirt steak
- ☐ 3 garlic cloves minced ()
- ☐ 1 tablespoon olive oil plus more to cook the beef)
- ☐ 1 teaspoon mustard
- ☐ 1 tablespoon cumin
- ☐ 1 serving salt and pepper
- ☐ 2 small onions thinly sliced ()

- ☐ 2 tablespoons butter
- ☐ 1 tomatoes finely chopped
- ☐ 3 tablespoon worcestershire sauce
- ☐ 3 tablespoons red wine

Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ wax paper

Directions

- ☐ Place the steaks between sheets of wax paper, then pound until each steak is about ¼ inch thick.
- ☐ Place the pounded steaks in a zip lock plastic bag.
- ☐ Add the mustard, cumin, garlic, olive oil, salt and pepper. Refrigerate for 3 hours or overnight. Be sure the steaks are evenly covered.
- ☐ In a large skillet, heat the butter over medium heat.
- ☐ Add the onions and cook for about 10 minutes.
- ☐ Add the tomato, worcestershire sauce, wine, salt and pepper. Continue cooking for about 10 minutes more, stirring occasionally.
- ☐ In a large skillet, heat the butter over medium heat.
- ☐ Add the onions and cook for about 10 minutes.
- ☐ Add the tomato, worcestershire sauce, wine, salt and pepper. Continue cooking for about 10 minutes more, stirring occasionally.
- ☐ In a large skillet, heat the oil over medium heat.
- ☐ Place the steaks into the skillet and cook for 5 minutes per side.
- ☐ Add the onion sauce, mix and serve.

Nutrition Facts



 **PROTEIN 42.38%**  **FAT 50.28%**  **CARBS 7.34%**

Properties

Glycemic Index:49.25, Glycemic Load:1.32, Inflammation Score:-6, Nutrition Score:28.186086789421%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 1.56mg, Malvidin: 1.56mg, Malvidin: 1.56mg, Malvidin: 1.56mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 476.78kcal (23.84%), Fat: 26.47g (40.72%), Saturated Fat: 10.4g (65.02%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 7.46g (2.71%), Sugar: 3.72g (4.13%), Cholesterol: 157.93mg (52.64%), Sodium: 429mg (18.65%), Alcohol: 1.19g (100%), Alcohol %: 0.46% (100%), Protein: 50.2g (100.39%), Zinc: 14.87mg (99.13%), Vitamin B12: 4.84µg (80.71%), Selenium: 51.05µg (72.93%), Vitamin B3: 13.3mg (66.51%), Vitamin B6: 1.1mg (54.75%), Vitamin B2: 0.77mg (45.39%), Phosphorus: 390.99mg (39.1%), Iron: 5.95mg (33.06%), Potassium: 941.95mg (26.91%), Manganese: 0.38mg (18.81%), Magnesium: 66.58mg (16.64%), Vitamin B5: 1.41mg (14.14%), Copper: 0.27mg (13.37%), Vitamin B1: 0.19mg (12.65%), Vitamin C: 9.28mg (11.25%), Vitamin A: 480.36IU (9.61%), Vitamin K: 8.88µg (8.46%), Vitamin E: 1.13mg (7.55%), Calcium: 59.85mg (5.98%), Folate: 19.71µg (4.93%), Fiber: 1.22g (4.89%), Vitamin D: 0.23µg (1.51%)