



WHATSheATE



Blade Steaks with Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup beef broth
- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 teaspoon cornstarch
- ☐ 10 ounces cremini white cut into 3/4-inch-thick wedges
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped

- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon butter unsalted

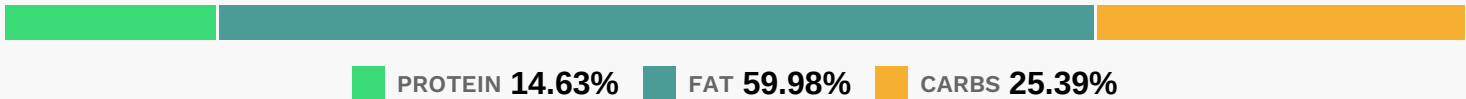
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Pat steaks dry and cut 3 (1-inch-long) slits, 1 inch apart, across center cartilage (to keep meat from curling), then sprinkle steaks with salt and pepper.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook steaks, turning over once, until meat is just medium-rare, 4 to 6 minutes total.
- ☐ Transfer steaks to a platter and cover loosely with foil.
- ☐ Add butter to skillet and sauté mushrooms and shallot, stirring frequently, until mushrooms are browned and tender, about 4 minutes, then transfer to platter with steaks.
- ☐ Add vinegar and soy sauce to skillet and simmer, stirring and scraping up any brown bits, 2 minutes.
- ☐ Add 1/2 cup beef broth and simmer 2 minutes.
- ☐ While sauce simmers, stir cornstarch into remaining 2 teaspoons broth in a cup. Stir cornstarch mixture into sauce and simmer, stirring, 1 minute. Return steaks and mushrooms, along with any juices accumulated on platter, to skillet and simmer, turning steaks over in sauce, until just heated through, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.04, Inflammation Score:-2, Nutrition Score:5.675652200761%

Nutrients (% of daily need)

Calories: 96.54kcal (4.83%), Fat: 6.66g (10.25%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 5.46g (1.99%), Sugar: 4.14g (4.6%), Cholesterol: 7.53mg (2.51%), Sodium: 767.69mg (33.38%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin B2: 0.31mg (18.04%), Vitamin B3: 3.16mg (15.78%), Copper: 0.25mg (12.28%), Vitamin B5: 1.11mg (11.13%), Selenium: 6.95µg (9.93%), Potassium: 288.61mg (8.25%), Phosphorus: 82.07mg (8.21%), Manganese: 0.12mg (5.9%), Vitamin B6: 0.1mg (5.18%), Iron: 0.79mg (4.41%), Vitamin B1: 0.07mg (4.34%), Vitamin E: 0.59mg (3.96%), Folate: 15.23µg (3.81%), Fiber: 0.88g (3.52%), Magnesium: 13.21mg (3.3%), Zinc: 0.43mg (2.9%), Vitamin K: 2.47µg (2.36%), Vitamin C: 1.69mg (2.05%), Vitamin A: 87.91IU (1.76%), Vitamin D: 0.19µg (1.29%), Calcium: 12.2mg (1.22%)