



Buffalo Steak and Onion Confit on Garlic Toasts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons balsamic vinegar
- ☐ 0.3 cup beef broth
- ☐ 4 servings accompaniment:roasted beets with garlic-beet purée
- ☐ 4.5 inch thick nonfat bread country-style
- ☐ 1 tablespoon brown sugar packed
- ☐ 16 ounce buffalo strip loin steaks boneless
- ☐ 1 garlic clove

- ☐ 1 teaspoon olive oil
- ☐ 1 pound onions (3 medium)
- ☐ 1 star anise whole

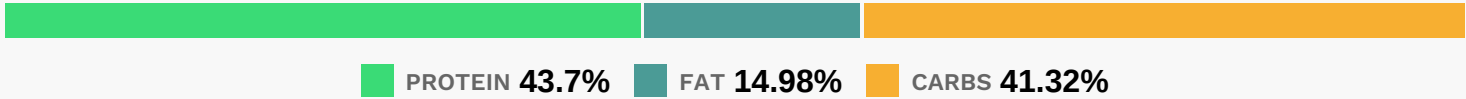
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ toaster

Directions

- ☐ Halve onions and cut each half lengthwise into 6 wedges. In a 2-quart heavy saucepan heat oil over moderately high heat until hot but not smoking and sauté onions, stirring, until edges are golden brown, about 2 minutes. Stir in remaining confit ingredients and simmer, covered, until onions are tender, about 20 minutes.
- ☐ Remove lid and simmer, stirring occasionally, until liquid is slightly thickened and syrupy, about 10 minutes more. Discard star anise. Keep confit warm, covered.
- ☐ Preheat oven to 450°F.
- ☐ Trim fat from steaks and cut each steak into 4 equal pieces. Pat steak dry and season with salt and pepper. In a large nonstick skillet heat oil over moderately high heat until hot but not smoking and brown steak on both sides, about 3 minutes total.
- ☐ Transfer steak to a roasting pan and roast in middle of oven about 5 minutes for medium-rare.
- ☐ Let steak stand 5 minutes.
- ☐ While steak is roasting, halve garlic clove. On a baking sheet in oven with steaks or in a toaster toast bread until golden brown. Immediately rub toasted bread with cut sides of garlic.
- ☐ Serve steak and onion confit on toasts with roasted beet wedges and garlic-beet purée.
- ☐ Each serving, including roasted beets and purée, about 400 calories and 4.6 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:58.67, Glycemic Load:8.13, Inflammation Score:-6, Nutrition Score:16.341739107733%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 23.12mg, Quercetin: 23.12mg, Quercetin: 23.12mg, Quercetin: 23.12mg

Nutrients (% of daily need)

Calories: 255.29kcal (12.76%), Fat: 4.17g (6.41%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 21.86g (7.95%), Sugar: 16.07g (17.86%), Cholesterol: 80.51mg (26.84%), Sodium: 209.87mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.71%), Selenium: 30.62µg (43.75%), Vitamin B12: 2.62µg (43.7%), Phosphorus: 303.5mg (30.35%), Zinc: 4.36mg (29.05%), Iron: 4.63mg (25.7%), Folate: 98.57µg (24.64%), Vitamin B6: 0.49mg (24.63%), Manganese: 0.47mg (23.74%), Potassium: 818.76mg (23.39%), Fiber: 4g (15.99%), Vitamin B3: 2.98mg (14.89%), Magnesium: 59.53mg (14.88%), Vitamin C: 12.02mg (14.56%), Copper: 0.29mg (14.37%), Vitamin B2: 0.18mg (10.63%), Vitamin B1: 0.14mg (9.25%), Calcium: 59.36mg (5.94%), Vitamin B5: 0.28mg (2.83%), Vitamin E: 0.26mg (1.71%), Vitamin K: 1.34µg (1.28%)