



WHATSheATE



Coulotte Steak with Wine Braised Onion & Horseradish Breadcrumbs



Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup breadcrumbs made from day-old bread soft
- ☐ 2 teaspoon dijon mustard
- ☐ 2 teaspoon garlic minced
- ☐ 3 tablespoon bottled horseradish drained
- ☐ 1 pinch kosher salt & pepper black
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup red wine

☐ 1 tablespoon butter unsalted

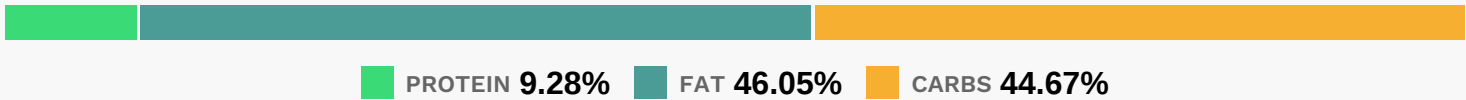
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place the oven rack in the center position.
- ☐ Heat the oven to 350 degrees.
- ☐ Spread the breadcrumbs on a baking sheet and bake until dry and toasted, 5 to 10 minutes. Melt the butter in a small, heavy skillet set over medium heat and add the breadcrumbs, horseradish, and mustard. Stir until the crumbs are well coated and golden brown, about 5 minutes. Season to taste with salt and pepper and set aside. Season the steaks generously on both sides with salt and pepper. In a heavy skillet large enough to hold the steaks without crowding, heat the oil over high heat. When very hot but not yet smoking, add the steaks and brown them for 1 minute on each side. Reduce the heat to medium high and cook for 3 to 4 minutes more per side for rare to medium rare (internal temperature of 120 to 135 degrees).
- ☐ Transfer the steaks to a platter and cover them loosely with foil.
- ☐ Pour off all but 1 tablespoon of the fat in the skillet and add the onion and garlic. Cook over medium heat until soft, about 5 minutes, stirring occasionally.
- ☐ Pour in the wine and bring to a boil, scraping up any browned bits from the bottom of the pan. Continue to cook until the liquid is reduced and syrupy and season to taste with salt and pepper. Spoon the onion mixture around the steaks on the platter, sprinkle the steaks with the breadcrumbs and serve.

Nutrition Facts



Properties

Glycemic Index:85.33, Glycemic Load:16.37, Inflammation Score:-6, Nutrition Score:11.514782600429%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 368.95kcal (18.45%), Fat: 15.7g (24.15%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 30.86g (11.22%), Sugar: 5.85g (6.5%), Cholesterol: 15.05mg (5.02%), Sodium: 453.66mg (19.72%), Alcohol: 9.54g (100%), Alcohol %: 6.24% (100%), Protein: 7.12g (14.24%), Manganese: 0.92mg (46.18%), Selenium: 20.04µg (28.63%), Vitamin B3: 3.65mg (18.23%), Vitamin B1: 0.27mg (17.68%), Folate: 64.65µg (16.16%), Iron: 2.81mg (15.61%), Fiber: 3.39g (13.55%), Phosphorus: 115.64mg (11.56%), Vitamin B2: 0.19mg (11.25%), Magnesium: 44.42mg (11.1%), Calcium: 104.08mg (10.41%), Vitamin B6: 0.17mg (8.71%), Vitamin E: 1.3mg (8.7%), Vitamin C: 6.68mg (8.09%), Vitamin K: 8.38µg (7.98%), Potassium: 274.33mg (7.84%), Zinc: 1mg (6.67%), Copper: 0.12mg (6.21%), Vitamin B5: 0.57mg (5.74%), Vitamin A: 182.18IU (3.64%)