



Easy Flat Iron Steak in Wine Sauce

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon cayenne pepper to taste
- 0.5 cup cooking wine dry red
- 12 ounce flat iron steaks
- 1.5 teaspoons garlic powder
- 1 tablespoon ground paprika
- 1 teaspoon ground pepper black
- 1.5 teaspoons ground mustard dry
- 2 tablespoons olive oil

- 3 tablespoons olive oil
- 1 cup portabello mushrooms sliced
- 1 teaspoon salt

Equipment

- bowl
- frying pan
- wooden spoon
- kitchen thermometer
- tongs

Directions

- Allow the steaks to come to room temperature.
- Stir together 2 tablespoons of olive oil, cayenne pepper, black pepper, ground paprika, salt, mustard powder, and garlic powder in a small bowl to make a paste.
- Prick steaks all over with a fork and rub them well with the spice rub paste, working the rub into the meat.
- Heat a large, heavy skillet over high heat and add the remaining 3 tablespoons of olive oil.
- Heat oil until it just begins to smoke and quickly sear the steaks until the outside has browned but the center is still blood red and just warmed, 2–3 minutes per side. An instant-read thermometer inserted into the center should read 115 degrees F (46 degrees C).
- Remove steaks from skillet with tongs.
- Pour the dry red wine into the skillet, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Stir in the sliced portobello mushrooms, and cook and stir until mushrooms are cooked and have released their liquid, about 5 minutes.
- Return steaks to the skillet on top of the mushroom–wine sauce. Reduce heat to LOW and cook until sauce reduces and thickens, about 5 minutes.
- Remove steaks to serving platter and pour mushroom sauce over steaks to serve.

Nutrition Facts



PROTEIN 21.08% FAT 74.12% CARBS 4.8%

Properties

Glycemic Index:42, Glycemic Load:0.31, Inflammation Score:-9, Nutrition Score:29.758695610192%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 695.88kcal (34.79%), Fat: 54.11g (83.25%), Saturated Fat: 11.69g (73.09%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 5.43g (1.97%), Sugar: 1.61g (1.79%), Cholesterol: 112.26mg (37.42%), Sodium: 1297.34mg (56.41%), Alcohol: 6.3g (100%), Alcohol %: 2.5% (100%), Protein: 34.63g (69.26%), Vitamin B12: 8.61µg (143.52%), Selenium: 62.63µg (89.47%), Zinc: 12.26mg (81.72%), Vitamin E: 6.5mg (43.3%), Vitamin B3: 8.21mg (41.07%), Vitamin B6: 0.82mg (40.85%), Phosphorus: 394.09mg (39.41%), Vitamin A: 1781.84IU (35.64%), Iron: 5.47mg (30.36%), Vitamin B2: 0.5mg (29.12%), Vitamin K: 26.73µg (25.46%), Potassium: 816.23mg (23.32%), Vitamin B5: 2.24mg (22.4%), Copper: 0.39mg (19.33%), Vitamin B1: 0.23mg (15.24%), Manganese: 0.3mg (15.22%), Magnesium: 51.16mg (12.79%), Fiber: 2.45g (9.81%), Folate: 22.65µg (5.66%), Calcium: 30.96mg (3.1%)