



## Flank Steak Spirals with Porcini & Red Wine Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



35

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 1 ounce porcini mushrooms dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 flank steak
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup beef broth low-sodium
- ☐ 1 tablespoon olive oil pure

- ☐ 2 tablespoons parmigiano-reggiano cheese freshly grated
- ☐ 1 tablespoon parsley chopped
- ☐ 1 tablespoon rosemary chopped
- ☐ 1 tablespoon sage chopped
- ☐ 35 servings salt and pepper black freshly ground

## Equipment

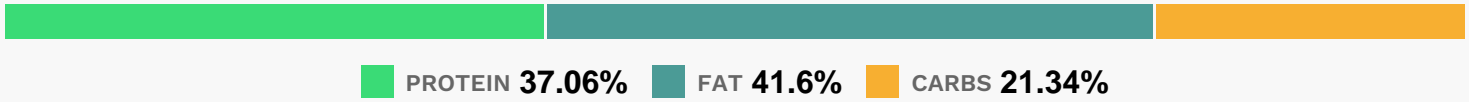
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

## Directions

- ☐ In a heatproof bowl, cover the porcini with 1 cup of boiling water.
- ☐ Let stand until softened, about 20 minutes. Lift the mushrooms from the soaking liquid and coarsely chop them.
- ☐ Let the soaking liquid stand to settle.
- ☐ Meanwhile, preheat the oven to 375 and set a rimmed baking sheet on the center rack. In a bowl, combine the garlic, cheese, sage and rosemary. On a work surface, pound the steak 1/2 inch thick and season with salt and pepper.
- ☐ Spread the herb mixture on one side of the steak and roll it up lengthwise, with the grain; tie with string at 1-inch intervals.
- ☐ In a large skillet, heat the oil.
- ☐ Add the steak and cook over moderately high heat until browned, 8 minutes.
- ☐ Transfer to the hot baking sheet and roast for 20 minutes, until a thermometer inserted in the thickest part registers 125 for medium-rare.
- ☐ Let the steak rest for 5 minutes and remove the strings.
- ☐ Meanwhile, wipe out the skillet.

- ☐
- Add the porcini and red wine; simmer over moderately high heat until the wine has reduced by one-third, 2 minutes. Gradually add the porcini liquid, stopping before you reach the grit at the bottom of the bowl.
- ☐
- Whisk the broth with the cornstarch, then add to the skillet; simmer over low heat until the sauce is thickened, 3 minutes. Season with salt and pepper.
- ☐
- Thinly slice the steak crosswise, garnish with the parsley and serve with the sauce.

## Nutrition Facts



## Properties

Glycemic Index:5.46, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.4734782693179%

## Flavonoids

Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.9mg, Malvidin: 0.9mg, Malvidin: 0.9mg, Malvidin: 0.9mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 20.16kcal (1.01%), Fat: 0.83g (1.27%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.02g (0.03%), Cholesterol: 4.07mg (1.36%), Sodium: 14.55mg (0.63%), Alcohol: 0.36g (100%), Alcohol %: 2.9% (100%), Protein: 1.66g (3.32%), Copper: 0.57mg (28.43%), Selenium: 2.38µg (3.39%), Vitamin B3: 0.52mg (2.61%), Vitamin B6: 0.05mg (2.53%), Vitamin K: 2.36µg (2.25%), Vitamin B5: 0.22mg (2.22%), Manganese: 0.04mg (2.21%), Zinc: 0.33mg (2.18%), Phosphorus: 18mg (1.8%), Potassium: 45.5mg (1.3%), Vitamin B2: 0.02mg (1.15%), Vitamin B12: 0.06µg (1.04%)