



Flank Steak with Caramelized Onions and Balsamic Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 pound flank steak trimmed
- ☐ 1 tablespoon olive oil
- ☐ 1.5 pounds onion vertically sliced
- ☐ 0.5 teaspoon salt divided

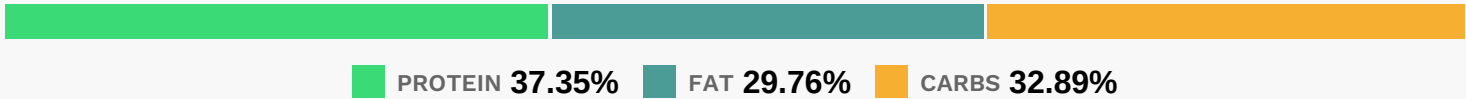
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Bring balsamic vinegar to a boil in a small, heavy saucepan. Reduce heat to medium; cook until reduced to 1/4 cup (about 5 minutes).
- ☐ Remove from heat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, and saut 10 minutes or until tender.
- ☐ Sprinkle with 1/4 teaspoon salt; saut 18 minutes or until onions are golden brown.
- ☐ Remove from heat.
- ☐ Preheat broiler.
- ☐ Sprinkle steak with remaining 1/4 teaspoon salt, pepper, and thyme.
- ☐ Place steak on a broiler pan coated with cooking spray; broil 6 minutes on each side or until desired degree of doneness.
- ☐ Cutsteak diagonally across grain into thin slices.
- ☐ Serve steak over onions; drizzle with balsamic glaze.
- ☐ Wine note: Steak and caramelized onions are fabulous partners for numerous red wines. But the balsamic vinegar glaze presents a bit of a challenge since vinegar can make wine taste sharp. One variety stands up especially well to vinegar: syrah (also known as shiraz). There are many great syrah/shirazes available. Try Geyser Peak Winery's shiraz from California, which is dense and lipsmacking--a steal at \$ -Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:7.14, Inflammation Score:-7, Nutrition Score:15.823043569275%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg

Nutrients (% of daily need)

Calories: 292.22kcal (14.61%), Fat: 9.35g (14.38%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 20.3g (7.38%), Sugar: 13.57g (15.08%), Cholesterol: 68.04mg (22.68%), Sodium: 367.49mg (15.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.8%), Selenium: 34.31µg (49.02%), Vitamin B6: 0.89mg (44.54%), Vitamin B3: 7.26mg (36.32%), Zinc: 4.67mg (31.15%), Phosphorus: 286.79mg (28.68%), Potassium: 684.89mg (19.57%), Vitamin B12: 1.03µg (17.2%), Manganese: 0.31mg (15.46%), Vitamin C: 12.62mg (15.3%), Iron: 2.52mg (14.01%), Magnesium: 47.42mg (11.85%), Folate: 47.25µg (11.81%), Fiber: 2.95g (11.79%), Vitamin B1: 0.16mg (10.69%), Vitamin B2: 0.18mg (10.4%), Vitamin B5: 0.93mg (9.25%), Copper: 0.16mg (8.13%), Calcium: 76.36mg (7.64%), Vitamin E: 0.87mg (5.82%), Vitamin K: 5.42µg (5.17%)