



Flank Steak with Garlic Wine Sauce

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 4 tablespoons butter
- ☐ 1 cup cooking wine dry red
- ☐ 1.5 pounds flank steak
- ☐ 1 medium head garlic
- ☐ 0.3 cup green onions chopped
- ☐ 4 servings salt to taste

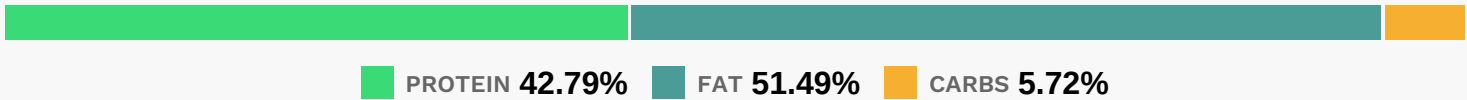
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Cut head of garlic in half, place on a square of foil, and drizzle with olive oil. Wrap.
- ☐ Bake at 400 degrees F (200 degrees C) for 45 minutes. Squeeze roasted garlic cloves out of skins, and mash into a puree. Set aside.
- ☐ Sprinkle steak with salt and a generous amount of freshly ground pepper.
- ☐ Heat a large heavy skillet over medium high heat, but do not add fat. When hot, cook seasoned steak until seared and well browned on both sides, about a minute per side. Reduce heat to medium, and add 2 tablespoons of the butter. Continue to cook for 3 to 5 minutes on each side.
- ☐ Remove meat, and keep warm.
- ☐ Pour off the fat in the skillet, and add the scallions and red wine. Bring to a boil, and whisk in the garlic puree. Boil until the wine is reduced by half, and is thick and syrupy. As it boils, scrape up browned bits with a wooden spoon. Stir in the meat juices that have accumulated under the steak. Boil for another second or so.
- ☐ Remove from the heat, and stir in the remaining 2 tablespoons of butter until it is incorporated into the wine sauce.
- ☐ Quickly slice the meat against the grain, into thin strips. Arrange on a hot platter, and pour the sauce down the center of the slices.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:19.153043581092%

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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 398.15kcal (19.91%), Fat: 19.94g (30.67%), Saturated Fat: 10.75g (67.16%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.42g (1.61%), Sugar: 0.23g (0.26%), Cholesterol: 132.16mg (44.05%), Sodium: 376.35mg (16.36%), Alcohol: 6.3g (100%), Alcohol %: 3.08% (100%), Protein: 37.28g (74.55%), Selenium: 51.4µg (73.43%), Vitamin B6: 1.12mg (56.15%), Vitamin B3: 10.69mg (53.46%), Zinc: 6.65mg (44.3%), Phosphorus: 361.56mg (36.16%), Vitamin B12: 1.57µg (26.19%), Potassium: 642.04mg (18.34%), Vitamin K: 17.71µg (16.87%), Iron: 2.93mg (16.29%), Manganese: 0.27mg (13.69%), Vitamin B2: 0.21mg (12.64%), Vitamin B5: 1.15mg (11.47%), Magnesium: 42.42mg (10.6%), Vitamin B1: 0.14mg (9.45%), Vitamin A: 418.27IU (8.37%), Copper: 0.16mg (8.19%), Folate: 26.91µg (6.73%), Calcium: 60.8mg (6.08%), Vitamin E: 0.87mg (5.79%), Vitamin C: 3.36mg (4.07%), Fiber: 0.56g (2.25%)