



Flank Steak with Merlot Mushrooms and Pearl Onions over Toasted Polenta



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 cups cremini mushrooms sliced
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 flank steaks
- ☐ 2 teaspoons garlic powder
- ☐ 1 cup merlot dry red
- ☐ 1 tablespoon olive oil

- ☐ 2 teaspoons onion powder
- ☐ 2 cups pearl onions frozen jarred
- ☐ 4 servings salt
- ☐ 11 ounce seasoned plain prepared sliced

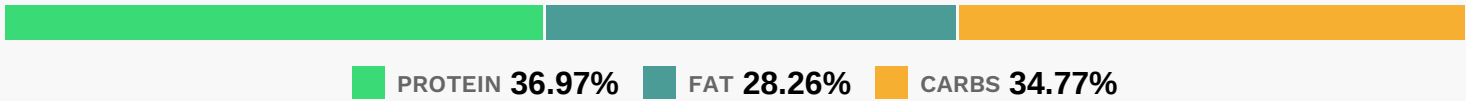
Equipment

- ☐ frying pan
- ☐ stove
- ☐ grill pan

Directions

- ☐ Heat a stove-top grill pan or griddle with cooking spray and set over medium-high heat to preheat. Season both sides of flank steaks with salt, black pepper, garlic powder, and onion powder.
- ☐ Place steaks on hot pan and cook 5 minutes per side for medium meat.
- ☐ Let steaks rest 10 minutes before slicing crosswise into 1/4-inch thick slices.
- ☐ While the steaks are cooking, season both sides of polenta with salt and black pepper. Arrange slices alongside steak for the last few minutes of cooking; cooking slices 1 to 2 minutes per side, until golden brown.
- ☐ While the steak and polenta are cooking, heat oil in a large skillet over medium-high heat.
- ☐ Add pearl onions and cook 3 minutes, until golden brown stirring with a spoon.
- ☐ Add mushrooms and cook 3 minutes, until mushrooms soften.
- ☐ Add thyme and cook 1 minute, until fragrant.
- ☐ Add wine and bring to a simmer, for 5 minutes, until sauce reduces to 1/4 cup.
- ☐ Serve half of the steak over toasted polenta slices with all of the onion-mushroom mixture spooned over top. Reserve remaining steak for sandwiches.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:2.5, Inflammation Score:-8, Nutrition Score:18.448695337643%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg

Nutrients (% of daily need)

Calories: 346.1kcal (17.31%), Fat: 9.5g (14.61%), Saturated Fat: 2.91g (18.22%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 23.43g (8.52%), Sugar: 5.82g (6.47%), Cholesterol: 67.8mg (22.6%), Sodium: 263.99mg (11.48%), Alcohol: 6.3g (100%), Alcohol %: 1.94% (100%), Protein: 27.95g (55.9%), Selenium: 45.91µg (65.59%), Vitamin B6: 0.92mg (45.76%), Vitamin B3: 8.71mg (43.53%), Zinc: 5.08mg (33.88%), Phosphorus: 324.43mg (32.44%), Potassium: 766.88mg (21.91%), Vitamin B2: 0.35mg (20.42%), Vitamin B12: 1.06µg (17.74%), Copper: 0.34mg (17.01%), Iron: 2.72mg (15.12%), Vitamin B5: 1.48mg (14.78%), Manganese: 0.29mg (14.54%), Vitamin B1: 0.2mg (13.05%), Folate: 48.99µg (12.25%), Magnesium: 46.84mg (11.71%), Fiber: 2.87g (11.46%), Vitamin C: 9.13mg (11.07%), Vitamin K: 8.43µg (8.03%), Calcium: 70.1mg (7.01%), Vitamin E: 0.91mg (6.05%)