



## Flank Steak with Mushroom Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 packets flavor concentrated beef broth swanson®
- 1 beef flank steak
- 2 tablespoons butter
- 1 tablespoon rosemary leaves fresh chopped
- 1 clove garlic minced
- 8 ounces mushrooms sliced
- 2 tablespoons olive oil
- 1 shallots diced

0.3 cup water

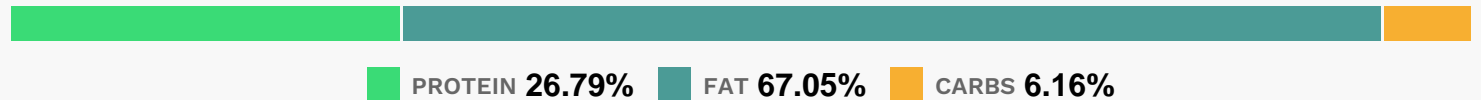
## Equipment

frying pan

## Directions

- Heat 1 tablespoon oil in a 10-inch skillet over medium heat.
- Add the beef and cook until well browned on both sides until desired doneness, about 10 minutes for medium-rare.
- Remove the beef from the skillet.
- Heat 1 tablespoon butter and the remaining oil in the skillet.
- Add the mushrooms and cook for 5 minutes or until tender, stirring occasionally.
- Add the shallot, garlic and rosemary and cook and stir for 30 seconds. Stir in the concentrated broth, water and remaining butter and cook until the butter is melted.
- Cut the beef diagonally against the grain into thin slices.
- Serve the mushroom mixture with the beef.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:10.03391300077%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 208.26kcal (10.41%), Fat: 15.74g (24.21%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.63g (1.81%), Cholesterol: 48.95mg (16.32%), Sodium: 81.54mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.29%), Selenium: 22.2µg (31.71%), Vitamin B3: 5.59mg (27.97%), Vitamin B6: 0.43mg (21.68%), Vitamin B2: 0.3mg (17.54%), Phosphorus: 169.86mg (16.99%), Zinc: 2.5mg

(16.7%), Vitamin B5: 1.24mg (12.39%), Copper: 0.23mg (11.66%), Potassium: 402.21mg (11.49%), Vitamin B12: 0.55µg (9.15%), Vitamin E: 1.34mg (8.95%), Iron: 1.32mg (7.31%), Vitamin B1: 0.09mg (6.16%), Vitamin K: 5.44µg (5.19%), Folate: 19.9µg (4.97%), Magnesium: 19.79mg (4.95%), Vitamin A: 189.87IU (3.8%), Manganese: 0.07mg (3.43%), Fiber: 0.85g (3.41%), Vitamin C: 2.03mg (2.47%), Calcium: 21.04mg (2.1%)