



## Flank Steak with Mushroom Sauce

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**231 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 packets beef broth swanson®
- 2 tablespoons butter
- 1 flank steak
- 1 tablespoon rosemary leaves fresh chopped
- 4 cloves garlic minced
- 3 cups mushrooms sliced
- 3 cups mushrooms sliced
- 2 tablespoons olive oil

- 1 shallots diced
- 0.3 cup water

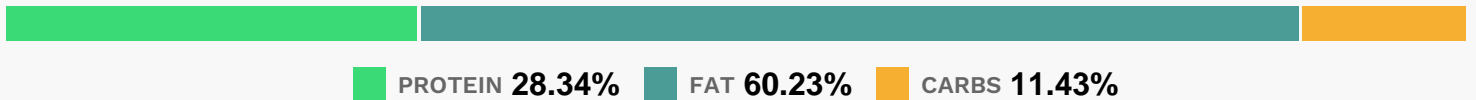
## Equipment

- 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 and 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:43.5, Glycemic Load:1.58, Inflammation Score:-3, Nutrition Score:15.59652173913%

## 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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 230.82kcal (11.54%), Fat: 16.04g (24.68%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 5.07g (1.84%), Sugar: 3.38g (3.75%), Cholesterol: 48.95mg (16.32%), Sodium: 86.28mg (3.75%), Protein: 16.99g (33.97%), Vitamin B3: 8.76mg (43.81%), Selenium: 30.63µg (43.76%), Vitamin B2: 0.65mg (38.33%), Vitamin B6: 0.55mg (27.61%), Copper: 0.52mg (25.88%), Vitamin B5: 2.56mg (25.59%), Phosphorus: 248.39mg (24.84%), Zinc: 2.99mg (19.9%), Potassium: 688.85mg (19.68%), Vitamin B1: 0.17mg (11.17%), Iron: 1.79mg (9.95%), Vitamin B12: 0.58µg (9.73%), Vitamin E: 1.35mg (9.02%), Folate: 34.81µg (8.7%), Manganese: 0.15mg (7.36%), Fiber: 1.77g (7.09%), Magnesium: 28.21mg (7.05%), Vitamin C: 4.57mg (5.54%), Vitamin K: 5.48µg (5.22%), Vitamin A: 190.07IU (3.8%), Calcium: 27.74mg (2.77%), Vitamin D: 0.29µg (1.92%)