



Flank Steak with Red Onions

 Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb flank steak
- ☐ 1 teaspoon thyme sprigs dried fresh
- ☐ 2 onion red thinly sliced cut in half lengthwise, crosswise
- ☐ 0.5 cup red wine
- ☐ 4 servings salt and pepper
- ☐ 3 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

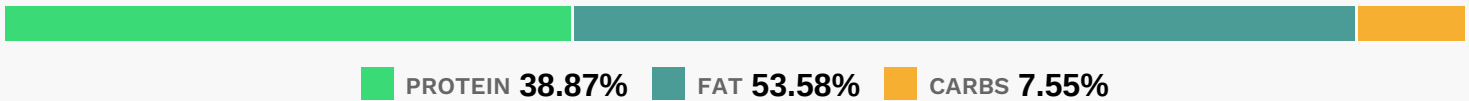
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 400F. Warm a 12-inch skillet over high heat until very hot. Pat steak dry; sprinkle generously with salt and pepper.
- ☐ Add oil to skillet and swirl to coat. Brown steak on both sides, turning once, 1 to 2 minutes per side.
- ☐ Transfer skillet to oven and roast for 7 to 8 minutes for medium-rare.
- ☐ Place meat on a cutting board; cover loosely with foil.
- ☐ Set same skillet over medium heat; add 2 Tbsp. butter to juices in pan. When butter has melted, add onions and saut until very soft, 10 to 12 minutes.
- ☐ Pour in wine, stir in thyme and raise heat to high. Cook, scraping up browned bits from bottom of skillet with a wooden spoon, until wine has almost boiled away and sauce is syrupy, 2 minutes. Stir in juices from cutting board.
- ☐ Remove skillet from heat, swirl in remaining butter, and season sauce with salt and pepper. Thinly slice steak across the grain, transfer to a platter and spoon onion mixture over meat.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:16.155217346938%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg

Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 11.48mg, Quercetin: 11.48mg, Quercetin: 11.48mg, Quercetin: 11.48mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 347.54kcal (17.38%), Fat: 19.07g (29.33%), Saturated Fat: 8.88g (55.48%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.04g (1.83%), Sugar: 2.52g (2.8%), Cholesterol: 107.62mg (35.87%), Sodium: 273.52mg (11.89%), Alcohol: 3.18g (100%), Alcohol %: 1.67% (100%), Protein: 31.12g (62.24%), Selenium: 42.26µg (60.37%), Vitamin B6: 0.94mg (47.14%), Vitamin B3: 8.97mg (44.86%), Zinc: 5.58mg (37.22%), Phosphorus: 312.23mg (31.22%), Vitamin B12: 1.31µg (21.8%), Potassium: 607.36mg (17.35%), Iron: 2.53mg (14.04%), Vitamin B2: 0.19mg (11.36%), Magnesium: 41.3mg (10.32%), Vitamin B5: 0.98mg (9.83%), Vitamin B1: 0.13mg (8.64%), Vitamin K: 9.03µg (8.6%), Folate: 29.72µg (7.43%), Manganese: 0.14mg (6.78%), Copper: 0.13mg (6.64%), Vitamin E: 0.94mg (6.29%), Vitamin C: 4.87mg (5.9%), Vitamin A: 287.85IU (5.76%), Calcium: 49.48mg (4.95%), Fiber: 1g (4.02%), Vitamin D: 0.16µg (1.05%)