



Flank Steak with Shiitake Mushroom Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 pound flank steak trimmed
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions minced
- ☐ 1 cup less-sodium beef broth
- ☐ 0.5 cup onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 cups shiitake mushroom caps thinly sliced ()

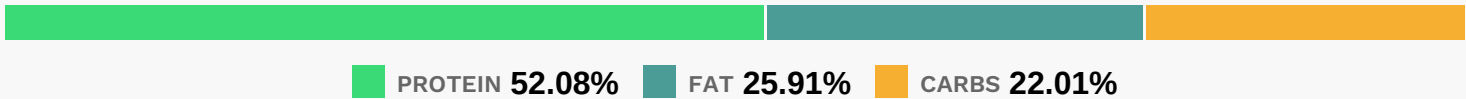
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ To prepare steak, sprinkle salt and pepper evenly over both sides of steak.
- ☐ Place steak on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness.
- ☐ Remove the steak from oven; loosely cover with foil.
- ☐ To prepare sauce, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1/2 cup onion and garlic; saut 2 minutes.
- ☐ Add mushrooms; saut for 4 minutes.
- ☐ Add broth, wine, and vinegar. Bring to a boil; reduce heat to medium, and cook until reduced to 1 1/4 cups (about 6 minutes).
- ☐ Add green onions, and cook for 1 minute.
- ☐ Slice steak diagonally across the grain into 1/4-inch slices.
- ☐ Serve steak with mushroom sauce.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:2.66, Inflammation Score:-5, Nutrition Score:20.498260736465%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 230.88kcal (11.54%), Fat: 6.28g (9.65%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 8.45g (3.07%), Sugar: 4.63g (5.14%), Cholesterol: 68.04mg (22.68%), Sodium: 475.83mg (20.69%), Alcohol: 2.06g (100%), Alcohol %: 0.76% (100%), Protein: 28.38g (56.75%), Vitamin B3: 11.56mg (57.8%), Selenium: 40.2µg (57.43%), Vitamin B6: 1.07mg (53.42%), Zinc: 5.63mg (37.52%), Phosphorus: 371.75mg (37.18%), Potassium: 937.32mg (26.78%), Vitamin K: 27.61µg (26.3%), Vitamin B5: 2.46mg (24.59%), Vitamin B2: 0.4mg (23.24%), Manganese: 0.38mg (18.8%), Vitamin B12: 1.03µg (17.2%), Iron: 2.55mg (14.15%), Fiber: 3.54g (14.15%), Magnesium: 54.94mg (13.73%), Copper: 0.27mg (13.37%), Folate: 41.48µg (10.37%), Vitamin B1: 0.12mg (7.82%), Vitamin C: 4.06mg (4.93%), Calcium: 44.64mg (4.46%), Vitamin D: 0.45µg (3.01%), Vitamin E: 0.4mg (2.69%), Vitamin A: 125.78IU (2.52%)