



Flat Iron Steak with Cabernet Sauce

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 1 cup wine (recommended: BV Napa Cabernet)
- 3 tablespoons canola oil
- 1.5 pound flat iron steak
- 1 tablespoon grill seasoning
- 4 servings kosher salt and pepper black freshly ground
- 1 shallots diced
- 4 tablespoons butter unsalted

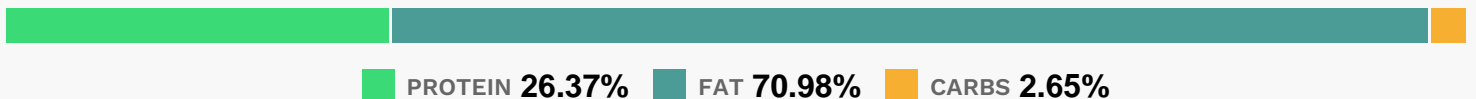
Equipment

- frying pan
- pot
- grill
- aluminum foil

Directions

- Watch how to make this recipe.
- Take the steak out of the refrigerator 20 minutes before you are ready to cook it so that it can come to room temperature. This will help it cook more evenly.
- In a small pot over high heat, add the broth and wine and simmer until reduced by half, about 10 minutes.
- Heat oil in a cast iron skillet over medium-high heat until it is very hot. Season the steak with the grill seasoning and put it in the skillet. Cook about 3 minutes per side for medium-rare.
- Remove it from the pan, cover it with foil, and let it rest for 5 minutes while you finish the sauce.
- Reduce the heat under the skillet to medium and add the shallots. Cook until they begin to soften, about 3 minutes.
- Add the reduced broth and wine mixture and cook until thickened, about for about 5 minutes. Stir in the butter and cook until the butter is melted and incorporated into the sauce. Taste and adjust the seasoning with salt and pepper, if needed.
- Slice the steak against the grain into thin slices, arrange them on a serving platter and serve with the sauce on the side or poured over top.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:22.718695630198%

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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 554.39kcal (27.72%), Fat: 39.97g (61.49%), Saturated Fat: 14.78g (92.35%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.53g (0.59%), Cholesterol: 142.36mg (47.45%), Sodium: 351.65mg (15.29%), Alcohol: 6.3g (100%), Alcohol %: 2.48% (100%), Protein: 33.41g (66.82%), Vitamin B12: 8.66µg (144.26%), Zinc: 11.77mg (78.49%), Selenium: 51.4µg (73.43%), Vitamin B6: 0.67mg (33.54%), Phosphorus: 329.76mg (32.98%), Vitamin B3: 6.33mg (31.67%), Iron: 4.56mg (25.32%), Vitamin B2: 0.41mg (23.93%), Vitamin K: 17.75µg (16.91%), Potassium: 590.4mg (16.87%), Vitamin B5: 1.67mg (16.66%), Vitamin E: 2.47mg (16.45%), Vitamin B1: 0.18mg (11.79%), Copper: 0.22mg (11%), Magnesium: 40.92mg (10.23%), Vitamin A: 376.98IU (7.54%), Manganese: 0.13mg (6.67%), Calcium: 29.88mg (2.99%), Folate: 10.24µg (2.56%), Vitamin D: 0.21µg (1.4%), Fiber: 0.34g (1.35%)