



Flat Iron Steak with Red Wine Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 cups cooking wine dry red
- 1 tablespoon garlic minced
- 3 tablespoons olive oil extra-virgin for garnish
- 1 onion thinly sliced
- 1 teaspoon oregano dried
- 6 servings salt and pepper black freshly ground
- 0.3 cup tomato paste
- 2 pound tri-tip steaks

- 6 tablespoons butter unsalted cold

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- grill
- aluminum foil
- cutting board

Directions

- Prepare the grill or barbecue (medium-high heat).
- Sprinkle the steaks with salt and pepper and drizzle with the 3 tablespoons of olive oil. Grill to desired doneness, about 5 minutes per side for medium-rare.
- Transfer the steaks to a cutting board. Tent with foil and let stand 10 minutes.
- Meanwhile, melt 2 tablespoons of butter in a heavy large saucepan over medium-high heat.
- Add the onions and saute until tender, about 5 minutes. Season with salt.
- Add the garlic and oregano and saute until fragrant, about 30 seconds. Stir in the tomato paste and cook for 2 minutes, stirring constantly.
- Whisk in the wine. Simmer until the sauce reduces by half, stirring occasionally, about 10 minutes.
- Remove the skillet from the heat. Strain the sauce into a small bowl, pressing on the solids to extract as much liquid as possible. Discard the solids in the strainer and return the sauce to the saucepan and bring back to a slow simmer.
- Cut the remaining 4 tablespoons of butter into small 1/2-inch chunks and whisk in the sauce a little at a time. Season the sauce, to taste, with salt and pepper.
- Thinly slice the steaks across the grain. Divide the steak slices among 6 plates.
- Drizzle the sauce over the steak, drizzle a little more extra-virgin olive oil and serve.

Nutrition Facts

PROTEIN 26.03% FAT 67.74% CARBS 6.23%

Properties

Glycemic Index:23.17, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:21.391304311545%

Flavonoids

Petunidin: 3.32mg, Petunidin: 3.32mg, Petunidin: 3.32mg, Petunidin: 3.32mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 26.24mg, Malvidin: 26.24mg, Malvidin: 26.24mg, Malvidin: 26.24mg Peonidin: 1.85mg, Peonidin: 1.85mg, Peonidin: 1.85mg, Peonidin: 1.85mg Catechin: 7.7mg, Catechin: 7.7mg, Catechin: 7.7mg, Catechin: 7.7mg Epicatechin: 10.66mg, Epicatechin: 10.66mg, Epicatechin: 10.66mg, Epicatechin: 10.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 530.77kcal (26.54%), Fat: 34.36g (52.85%), Saturated Fat: 14.15g (88.43%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.17g (2.24%), Sugar: 2.14g (2.38%), Cholesterol: 129.89mg (43.3%), Sodium: 200.87mg (8.73%), Alcohol: 10.5g (100%), Alcohol %: 4.39% (100%), Protein: 29.7g (59.4%), Vitamin B12: 7.66µg (127.65%), Zinc: 10.54mg (70.27%), Selenium: 46.08µg (65.82%), Vitamin B6: 0.63mg (31.29%), Phosphorus: 298.63mg (29.86%), Vitamin B3: 5.56mg (27.8%), Iron: 4.13mg (22.94%), Vitamin B2: 0.37mg (21.94%), Potassium: 618.97mg (17.68%), Vitamin B5: 1.51mg (15.05%), Vitamin E: 2.13mg (14.17%), Copper: 0.24mg (11.83%), Vitamin B1: 0.17mg (11.25%), Vitamin A: 523.04IU (10.46%), Magnesium: 39.85mg (9.96%), Vitamin K: 9.68µg (9.22%), Manganese: 0.13mg (6.65%), Vitamin C: 4.17mg (5.06%), Fiber: 0.95g (3.82%), Calcium: 28.83mg (2.88%), Folate: 10.6µg (2.65%), Vitamin D: 0.21µg (1.4%)