



Flatiron Steaks with Creamy Juniper Sauce with Hash Browns

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup wine dry white
- ☐ 1.5 pound flat iron steak thick cut into 4 pieces ()
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 40 juniper berries
- ☐ 0.8 cup chicken broth reduced-sodium
- ☐ 1 medium onion chopped
- ☐ 1.5 pounds baking potatoes (baking)

- ☐ 0.5 cup shallots sliced
- ☐ 3 tablespoons butter unsalted
- ☐ 0.3 cup vegetable oil divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ aluminum foil

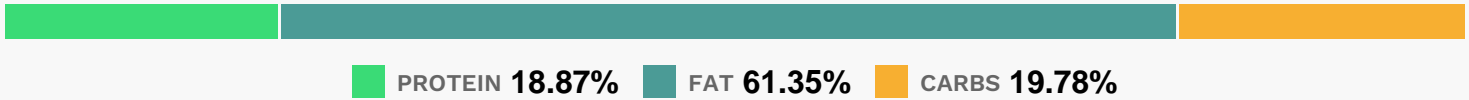
Directions

- ☐ Make hash browns
- ☐ Bring a 4-quart pot of salted water (1 tablespoon salt for 3 quarts water) to a boil. Meanwhile, peel potatoes and cut into 3/4-inch pieces.
- ☐ Add potatoes to water and return to a boil, then boil 5 minutes.
- ☐ Drain potatoes and transfer to a bowl.
- ☐ Meanwhile, cook onion in butter with 1/4 teaspoon salt and 1/4 teaspoon pepper in a 10-inch nonstick skillet over medium heat, stirring occasionally, until pale golden, about 5 minutes.
- ☐ Add to potatoes and mash gently, leaving larger lumps.
- ☐ Add 2 tablespoons oil to skillet and heat over medium heat until it shimmers.
- ☐ Add potato mixture and pat out evenly. Cook, partially covered, without stirring, until underside is golden brown, about 10 minutes. Keep warm, covered, off heat.
- ☐ Finely grind juniper berries in grinder. Pat steaks dry and season with 1 1/2 teaspoons salt, 1 teaspoon ground juniper (reserve remainder for sauce), and 3/4 teaspoon pepper (total).
- ☐ Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook steaks, turning once, 8 to 10 minutes total for medium-rare.
- ☐ Let steaks rest on a plate, loosely covered with foil, about 10 minutes.
- ☐ Add shallot to skillet and cook over medium heat, stirring and scraping up brown bits, until shallot is softened, 5 to 7 minutes.

- ☐
- Add wine and remaining ground juniper (about 1 teaspoon), then boil until most of liquid has evaporated, about 1 minute.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:26.07, Inflammation Score:-8, Nutrition Score:33.188261177229%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 848.1kcal (42.4%), Fat: 56.76g (87.33%), Saturated Fat: 24.59g (153.66%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 37.56g (13.66%), Sugar: 6.2g (6.89%), Cholesterol: 185.27mg (61.76%), Sodium: 167mg (7.26%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 39.29g (78.57%), Vitamin B12: 8.72µg (145.39%), Zinc: 12.56mg (83.72%), Selenium: 53.34µg (76.19%), Vitamin B6: 1.39mg (69.33%), Phosphorus: 479.33mg (47.93%), Potassium: 1478.1mg (42.23%), Vitamin B3: 8.34mg (41.7%), Iron: 6.11mg (33.96%), Vitamin B2: 0.56mg (32.99%), Vitamin K: 31.77µg (30.26%), Vitamin B5: 2.39mg (23.9%), Vitamin B1: 0.35mg (23.28%), Magnesium: 90.58mg (22.64%), Manganese: 0.45mg (22.6%), Copper: 0.44mg (22.24%), Vitamin A: 921.82IU (18.44%), Vitamin C: 14.36mg (17.41%), Fiber: 3.63g (14.5%), Vitamin E: 2.09mg (13.95%), Folate: 46.6µg (11.65%), Calcium: 86.03mg (8.6%), Vitamin D: 0.87µg (5.81%)