



Giddy-Up Steak with Onion-Date Compote

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1.5 tablespoons brown sugar
- 4 servings canola oil for greasing
- 2 tablespoons chile powder
- 0.5 teaspoon coriander powder
- 4 dates minced pitted
- 2 pound flank steak
- 0.3 teaspoon garam masala

- 1 tablespoon ground coffee
- 0.5 teaspoon coarse ground pepper black
- 0.5 teaspoon kosher salt
- 4 servings kosher salt
- 2 tablespoons olive oil
- 4 large onions sliced very thinly
- 0.5 cup water

Equipment

- bowl
- frying pan
- paper towels
- grill
- kitchen thermometer
- aluminum foil
- grill pan
- cutting board

Directions

- For the rub: In a small bowl, stir together the rub ingredients, making sure to smooth out any brown sugar nuggets. Then, pour half the mixture over 1 side of the flank steak and massage into the meat. Turn the steak over and pour the other half over the meat and massage in. Set aside on the counter up to 2 hours to marinate. You could also marinate the meat overnight in the fridge.
- Heat the olive oil in a very large skillet over medium heat. Once the oil is shimmering (not smoking), add the onions, a pinch of salt, and stir to coat with oil. Cover and reduce the heat to low. Cook, stirring occasionally, until the onions turn a deep caramel color, about 45 minutes.
- Warm your grill or grill pan over medium heat.
- When the onions are caramelized, add the dates, vinegar, and water. Stir and cook, covered, for another 15 minutes.

- Fold a paper towel in 4, pour a little vegetable or canola oil onto it, and wipe down your grill pan.
- Once the grill pan is nice and hot (oil lightly smoking), throw your rubbed-down meat on. It should sizzle upon contact – if it doesn't, your pan wasn't hot enough. This is how you ensure a nice crust on the steak! After 5 minutes on 1 side, flip the steak over, and cook another 4 to
- Check the temperature; I like my flank steak done medium-rare, so I pull it off as soon as the thermometer register 125 degrees F. Pull onto a chopping board, and tent with foil; allow your meat to rest for 5 minutes.
- Slice the steak thinly against the grain on the bias; if you don't, your precious steak won't be incredibly tender and deeply unsatisfying!
- Serve with a dollop of onion compote on top.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:5.9, Inflammation Score:-9, Nutrition Score:30.757825975833%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.52mg, Quercetin: 30.52mg, Quercetin: 30.52mg, Quercetin: 30.52mg

Nutrients (% of daily need)

Calories: 609.86kcal (30.49%), Fat: 33.16g (51.01%), Saturated Fat: 6.87g (42.94%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 22g (8%), Sugar: 16.05g (17.83%), Cholesterol: 136.08mg (45.36%), Sodium: 680.44mg (29.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.07g (102.14%), Selenium: 68.81µg (98.31%), Vitamin B6: 1.65mg (82.5%), Vitamin B3: 14.86mg (74.31%), Zinc: 9.16mg (61.05%), Phosphorus: 520.33mg (52.03%), Vitamin E: 5.68mg (37.85%), Vitamin B12: 2.06µg (34.4%), Potassium: 1133.42mg (32.38%), Iron: 4.74mg (26.33%), Vitamin A: 1191.07IU (23.82%), Vitamin K: 22.34µg (21.28%), Vitamin B2: 0.34mg (20.28%), Magnesium: 76.31mg (19.08%), Fiber: 4.69g (18.77%), Manganese: 0.35mg (17.54%), Vitamin B5: 1.7mg (17%), Vitamin B1: 0.25mg (16.45%), Folate: 60.52µg (15.13%), Copper: 0.29mg (14.63%), Vitamin C: 11.21mg (13.59%), Calcium: 107.01mg (10.7%)