



WHATSheATE



Grilled Flank Steak with Gorgonzola Cream Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 pound flank steak
- ☐ 0.3 pound gorgonzola
- ☐ 1 cup heavy cream
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 shallots minced

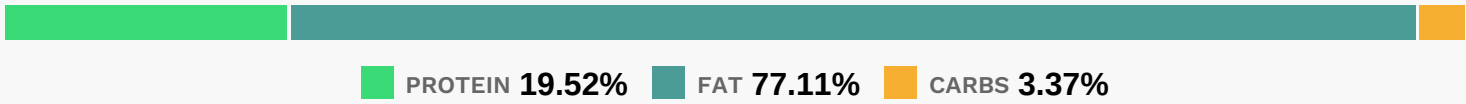
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Heat a grill pan to medium heat.
- ☐ Season the steak liberally with salt and pepper. Cook for 6 minutes on each side for medium rare.
- ☐ Remove from heat, cover with foil to make a tent. Rest for 5 minutes before slicing steak.
- ☐ Cut into 1/8-inch thick slices.
- ☐ Transfer to a platter and ladle on Gorgonzola Cream Sauce.
- ☐ Heat a medium size saucepan over medium heat.
- ☐ Add butter to melt.
- ☐ Saute shallots until tender.
- ☐ Add the heavy cream and let reduce by half. Turn heat to low, add the Gorgonzola and stir until it melts. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:11.464782616367%

Nutrients (% of daily need)

Calories: 409.9kcal (20.49%), Fat: 35.3g (54.31%), Saturated Fat: 21.96g (137.27%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.37g (2.64%), Cholesterol: 130.04mg (43.35%), Sodium: 395.41mg (17.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.1g (40.21%), Selenium: 22.74µg (32.48%), Phosphorus: 263.5mg (26.35%), Vitamin A: 1179.22IU (23.58%), Vitamin B6: 0.43mg (21.64%), Zinc: 3.1mg (20.65%), Calcium: 204.46mg (20.45%), Vitamin B3: 3.87mg (19.37%), Vitamin B2: 0.29mg (16.94%), Vitamin B12: 0.96µg (16.05%), Vitamin B5: 1.02mg (10.22%), Potassium: 345.49mg (9.87%), Vitamin D: 1.09µg (7.29%), Magnesium: 24.71mg (6.18%), Iron: 1.11mg (6.14%), Vitamin E: 0.87mg (5.78%), Folate: 22.2µg (5.55%), Vitamin B1: 0.06mg

(4.33%), Vitamin K: 3.72µg (3.55%), Copper: 0.07mg (3.31%), Manganese: 0.04mg (2.02%), Vitamin C: 0.86mg (1.04%)