



Grilled Flank Steak with Shallot and Red Wine Sauce

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 1 tablespoon butter cold
- ☐ 1.5 pound flank steak
- ☐ 4 tablespoons olive oil
- ☐ 1 cup red wine
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 shallots sliced in thin rings

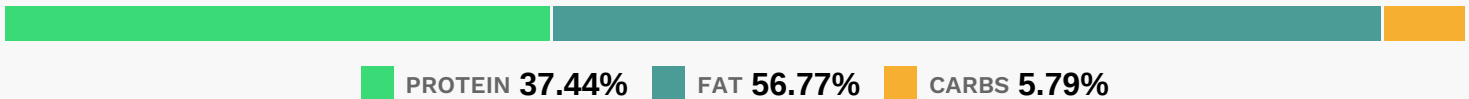
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a medium saucepan over medium-high heat, saute the shallots in 2 tablespoons of the olive oil until lightly caramelized, about 5 to 7 minutes. Raise the heat to high and add the red wine and reduce by half.
- ☐ Add the broth and reduce by half. Check for seasoning, and season with salt and pepper, to taste. Keep warm on low heat.
- ☐ Brush the flank steak on both sides with 2 tablespoons of the olive oil and season with the salt and pepper.
- ☐ Place on the center of grill and sear 5 to 8 minutes per side for rare to medium rare, testing by pressing the meat with a finger: The spongier the meat feels, the rarer it is cooked.
- ☐ Remove from the grill and allow to rest, very loosely tented with aluminum foil, 5 to 10 minutes, to allow the juices to reabsorb into the meat. Slice the flank steak on the diagonal and place on a large platter. Finish the sauce by swirling in the chunks of cold butter, then top the steak with some of the sauce and serve the rest on the side.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:19.633043372113%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 455.34kcal (22.77%), Fat: 25.5g (39.24%), Saturated Fat: 7.33g (45.82%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.03g (1.83%), Sugar: 2.34g (2.6%), Cholesterol: 109.58mg (36.53%), Sodium: 341.56mg (14.85%), Alcohol: 6.36g (100%), Alcohol %: 2.42% (100%), Protein: 37.84g (75.69%), Selenium: 51.06µg (72.94%), Vitamin B6: 1.16mg (57.8%), Vitamin B3: 11.25mg (56.23%), Zinc: 6.7mg (44.69%), Phosphorus: 381.19mg (38.12%), Vitamin B12: 1.6µg (26.6%), Potassium: 774.44mg (22.13%), Iron: 3.39mg (18.81%), Vitamin E: 2.6mg (17.34%), Vitamin B2: 0.23mg (13.72%), Magnesium: 51.31mg (12.83%), Vitamin B5: 1.18mg (11.79%), Vitamin K: 11.32µg (10.78%), Manganese: 0.19mg (9.48%), Vitamin B1: 0.14mg (9.46%), Folate: 32.53µg (8.13%), Copper: 0.15mg (7.71%), Calcium: 54.79mg (5.48%), Fiber: 0.83g (3.3%), Vitamin C: 2mg (2.42%), Vitamin A: 90.21IU (1.8%)