



Grilled Hanger Steak with a Roasted Shallot Port Demi Sauce and Grilled Garlic Green Beans

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter room temperature
- 0.3 cup canola oil
- 1 cup demi glace
- 1 pound green beans fresh trimmed
- 2 cloves garlic minced
- 3 fluid ounces port wine

- 1 pinch salt and pepper to taste
- 4 shallots whole
- 1 cup water
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- sauce pan
- pot
- grill
- kitchen thermometer
- aluminum foil

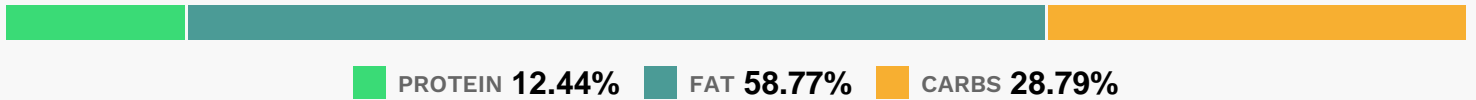
Directions

- Lightly cover the steaks with canola oil and season generously with salt and pepper; cover and place in refrigerator until ready to grill.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Place a sheet of aluminum foil on about 1/3 of the grill surface.
- Bring a large pot of generously salted water to a boil. Cook the green beans in the boiling water until heated through yet still firm, 5 to 7 minutes.
- Drain.
- Transfer to a large bowl.
- Add the garlic and 1/4 cup of canola oil to the green beans and toss to coat. Season with salt and pepper; set aside.
- Stir the water, sugar, and shallots together in a saucepan until the sugar dissolves; cover the pan and bring the mixture to a boil.
- Drain the liquid and return the shallots to the pan.
- Add the port wine and demi glace to the saucepan and place over medium heat; cook until the liquid reduces to about half its original volume. Stir the butter into the mixture until it

melts.

- Remove the pan from the heat. Season with salt as needed. Keep the saucepan covered until the steaks are prepared.
- Spread the green beans onto the part of the grill prepared with aluminum foil and allow to finish cooking while grilling the steaks.
- Cook the steaks until they start to firm, and are reddish-pink and juicy in the center, about 2 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Allow the steaks to rest 5 minutes before placing onto individual plates. Spoon the sauce over the steaks.
- Serve the green beans on the side.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:12.12, Inflammation Score:-8, Nutrition Score:12.151739133441%

Flavonoids

Petunidin: 1.47mg, Petunidin: 1.47mg, Petunidin: 1.47mg, Petunidin: 1.47mg Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Malvidin: 21.03mg, Malvidin: 21.03mg, Malvidin: 21.03mg, Malvidin: 21.03mg Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 627.09kcal (31.35%), Fat: 40g (61.53%), Saturated Fat: 15.68g (97.98%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 40.18g (14.61%), Sugar: 25.22g (28.02%), Cholesterol: 61.01mg (20.34%), Sodium: 1390.22mg (60.44%), Alcohol: 3.39g (100%), Alcohol %: 1.28% (100%), Protein: 19.05g (38.1%), Vitamin K: 60.95µg (58.05%), Vitamin A: 1492.67IU (29.85%), Vitamin E: 3.58mg (23.9%), Vitamin C: 16.3mg (19.76%), Iron: 3.45mg (19.17%), Manganese: 0.37mg (18.5%), Fiber: 3.89g (15.57%), Vitamin B6: 0.27mg (13.28%), Folate: 46.82µg (11.7%), Potassium: 356.25mg (10.18%), Magnesium: 37.13mg (9.28%), Vitamin B2: 0.14mg (8.27%), Vitamin B1: 0.12mg (7.76%), Phosphorus: 69.19mg (6.92%), Calcium: 64.41mg (6.44%), Copper: 0.13mg (6.25%), Vitamin B3: 0.95mg (4.76%), Vitamin B5: 0.37mg (3.75%), Zinc: 0.44mg (2.92%), Selenium: 1.66µg (2.38%)