



Grilled Hanger Steak with Garlic-Brandy Butter

 Gluten Free

READY IN



50 min.

SERVINGS



30

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cognac
- ☐ 2 cloves garlic minced (medium)
- ☐ 3 large leeks white green sliced (large)
- ☐ 3 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 3 tablespoons parsley chopped
- ☐ 30 servings pepper freshly ground
- ☐ 30 servings salt
- ☐ 2 pounds hanger steaks trimmed

☐

6 tablespoons butter unsalted softened

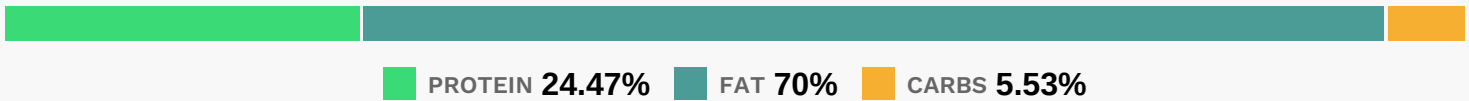
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a bowl, mash the butter, parsley, garlic and Cognac; season with salt and pepper.
- ☐ In a large skillet, heat the 3 tablespoons of olive oil.
- ☐ Add the leeks and season with salt. Cover and cook over moderately low heat, stirring occasionally, until tender, 10 minutes.
- ☐ Light a grill or heat a grill pan.
- ☐ Brush the steaks with olive oil and season with salt and pepper. Grill over high heat, turning once, until nicely charred outside and medium-rare within, 5 to 6 minutes per side.
- ☐ Transfer the steaks to a carving board and let rest for 5 minutes. Slice the steaks across the grain and spread the butter all over the meat, letting it melt in.
- ☐ Serve with the leeks.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:4.1734782787769%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.63kcal (5.13%), Fat: 7.98g (12.28%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.35g (0.39%), Cholesterol: 24.47mg (8.16%), Sodium: 211.91mg (9.21%), Alcohol: 0.17g (100%), Alcohol %: 0.47% (100%), Protein: 6.28g (12.55%), Vitamin K: 12.4µg (11.81%), Selenium: 7.53µg (10.76%), Zinc: 1.57mg (10.49%), Vitamin B12: 0.51µg (8.45%), Vitamin B3: 1.53mg (7.63%), Vitamin B6: 0.14mg (7.23%), Vitamin A: 257.13IU (5.14%), Phosphorus: 48.05mg (4.8%), Vitamin B2: 0.08mg (4.51%), Iron: 0.76mg (4.2%), Manganese: 0.06mg (3.01%), Potassium: 102.14mg (2.92%), Vitamin E: 0.35mg (2.35%), Magnesium: 9.32mg (2.33%), Vitamin B1: 0.03mg (2.2%), Vitamin C: 1.66mg (2.02%), Copper: 0.04mg (1.87%), Folate: 7.32µg (1.83%)