



Grilled Hanger Steak with Mushroom Demi-Glace

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups demi-glace
- 2 cloves garlic finely chopped
- 1.5 pounds mushrooms cleaned sliced
- 2 onions diced finely
- 10 servings salt and pepper
- 4 pounds hanger steak trimmed cut into 8-ounce servings (hanger steak is a very tender cut of which there is only 1 per animal, aka hanging tender or bistro steak)
- 0.1 cup vegetable oil

2 cups merlot wine

Equipment

sauce pan

whisk

grill

kitchen thermometer

Directions

Heat grill and season meat on both sides with salt and pepper. In a 2-quart saucepan, heat oil and add onions, garlic and mushrooms, sauteing until translucent.

Add wine and cook until reduced by half. Meanwhile sear meat on both sides, and grill to about 128 degrees F internal temperature on an instant-read thermometer for medium-rare.

Remove meat from grill and let rest.

Whisk demi-glace into wine reduction and adjust seasoning of sauce with salt and pepper, as needed. Spoon the sauce over the grilled steaks and serve.

Nutrition Facts



PROTEIN 37.56% **FAT 46.31%** **CARBS 16.13%**

Properties

Glycemic Index:10.4, Glycemic Load:1.2, Inflammation Score:-4, Nutrition Score:22.264782514261%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 659.04kcal (32.95%), Fat: 31.83g (48.97%), Saturated Fat: 11.87g (74.2%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 23.87g (8.68%), Sugar: 9.05g (10.06%), Cholesterol: 110.68mg (36.89%), Sodium: 1714.45mg (74.54%), Alcohol: 4.99g (100%), Alcohol %: 1.6% (100%), Protein: 58.08g (116.17%), Selenium: 50.89µg (72.7%), Zinc: 9.77mg (65.13%), Vitamin B3: 11.45mg (57.24%), Vitamin B12: 3.04µg (50.65%), Vitamin B6: 0.85mg (42.72%), Vitamin B2: 0.72mg (42.63%), Phosphorus: 336.68mg (33.67%), Iron: 5.97mg (33.16%), Potassium: 784.7mg

(22.42%), Copper: 0.37mg (18.59%), Vitamin B1: 0.23mg (15.23%), Magnesium: 51.86mg (12.97%), Vitamin B5: 1.07mg (10.67%), Vitamin K: 7.83µg (7.46%), Manganese: 0.13mg (6.52%), Folate: 21.69µg (5.42%), Fiber: 1.07g (4.27%), Vitamin C: 3.24mg (3.93%), Calcium: 24.85mg (2.48%), Vitamin D: 0.32µg (2.12%), Vitamin E: 0.23mg (1.56%)