



Grilled Steak with Balsamic Teriyaki Sauce

 Gluten Free

READY IN



1800 min.

SERVINGS



4

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup balsamic vinegar
- 0.3 cup beef broth flavored (from 32-ounce carton)
- 1 teaspoon pepper black
- 2 pounds frangelico
- 2 cloves garlic finely minced
- 1 tablespoon rice wine sweet (rice wine)
- 1 teaspoon salt
- 1 shallots minced

- 2 tablespoons soya sauce
- 2 teaspoons sugar
- 1.5 tablespoons butter unsalted
- 2 tablespoons vegetable oil

Equipment

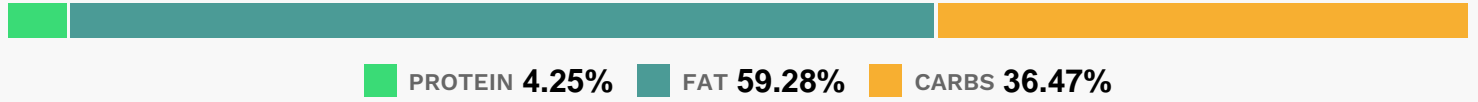
- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Preheat the oven to 450F. Season the filets with salt and pepper on both sides.
- Let the filet mignon rest at room temperature for 20 minutes. While the steaks are resting prepare the Balsamic Teriyaki Sauce.
- In a sauce pan, melt the butter until bubbling.
- Add shallots and garlic; cook for 3 minutes or until the aromatics are soft and sweet (watch to make sure you don't burn the shallots or garlic).
- Add the balsamic vinegar; bring to a boil. Once boiling, reduce the temperature. Simmer for 15 minutes until the sauce is reduced in half. The balsamic should be thick, glossy and coat the back of a spoon.
- Add the sugar, broth, soy sauce and mirin. Stir well and bring to a boil. When it reaches a boil, immediately turn the heat to low and let simmer for 5 minutes.
- Heat a large frying pan over high heat until almost smoking.
- Add the cooking oil and swirl to coat.
- Place the steak filets in the frying pan, not touching. Cook for 2 minutes, turn the steaks over and cook an additional minute.
- Transfer the steaks to an ungreased baking sheet; place in oven. Cook for 4–6 minutes; depending on desired degree of doneness. For medium-rare, the internal temperature of the filet mignon should read 140F–150F.
- Remove to a plate and let rest for 5 minutes before serving.

Serve with balsamic teriyaki poured over the steaks.

Nutrition Facts



Properties

Glycemic Index:56.77, Glycemic Load:7.35, Inflammation Score:-3, Nutrition Score:2.9756521427113%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 181.02kcal (9.05%), Fat: 11.14g (17.13%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 14.98g (5.45%), Sugar: 12.19g (13.55%), Cholesterol: 11.29mg (3.76%), Sodium: 1156.35mg (50.28%), Alcohol: 0.6g (100%), Alcohol %: 0.22% (100%), Protein: 1.8g (3.59%), Vitamin K: 13.77µg (13.11%), Manganese: 0.24mg (11.94%), Iron: 0.86mg (4.78%), Vitamin E: 0.69mg (4.58%), Potassium: 134.47mg (3.84%), Magnesium: 14.44mg (3.61%), Phosphorus: 34.08mg (3.41%), Vitamin B6: 0.06mg (3.06%), Calcium: 28.98mg (2.9%), Vitamin A: 134.32IU (2.69%), Vitamin B3: 0.5mg (2.52%), Copper: 0.05mg (2.36%), Fiber: 0.43g (1.72%), Vitamin B2: 0.02mg (1.34%), Vitamin C: 0.97mg (1.17%), Folate: 4.33µg (1.08%)