



Hanger Steak with Mushrooms and Red Wine Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup wine dry red
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 3 garlic clove crushed
- ☐ 4 servings pepper freshly ground
- ☐ 0.8 cup chicken stock see
- ☐ 12 ounces mushrooms assorted cut into large pieces
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 4 servings pepper black
- ☐ 1.5 pound fat-trimmed beef flank steak trimmed
- ☐ 4 tablespoons butter unsalted divided ()

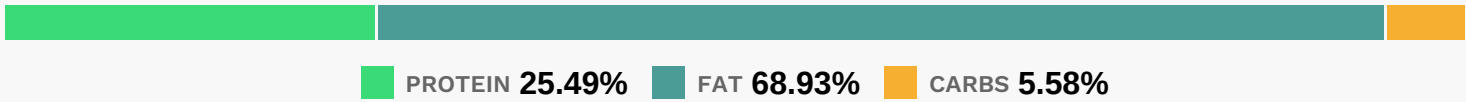
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Heat 2 tablespoons oil in a large heavy skillet over medium-high heat.
- ☐ Add mushrooms; cook, stirring occasionally, until soft and golden, about 7 minutes. Season to taste with salt and pepper.
- ☐ Transfer to a bowl; set aside.
- ☐ Melt 1 tablespoon butter with remaining 1 tablespoon oil in same skillet over medium heat. Season steak with salt and cracked pepper.
- ☐ Add steak, garlic, and rosemary to skillet. Cook about 3 minutes per side for medium-rare.
- ☐ Transfer to a cutting board.
- ☐ Let rest while preparing sauce.
- ☐ Discard garlic and rosemary from skillet.
- ☐ Pour off all but 1 tablespoon fat.
- ☐ Add wine; cook, stirring up bits, until reduced to 3/4 cup, about 3 minutes. Strain; return liquid to skillet. Stir in stock; bring to a boil. Simmer until reduced to 1/2 cup, about 5 minutes.
- ☐ Remove from heat;
- ☐ Whisk in 3 tablespoons butter. Stir in mushrooms and 1 tablespoon tarragon. Season with salt and pepper.
- ☐ Spoon mushroom mixture onto plates. Thinly slice steak; serve over mushrooms.
- ☐ Garnish with remaining 1 tablespoon tarragon.
- ☐ Per serving: 512 Calories, 41 grams fat, 4 grams carbohydrate

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.9, Inflammation Score:-6, Nutrition Score:24.983043442602%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 645.89kcal (32.29%), Fat: 47.01g (72.32%), Saturated Fat: 19.6g (122.48%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 7.35g (2.67%), Sugar: 2.43g (2.7%), Cholesterol: 135.21mg (45.07%), Sodium: 161.4mg (7.02%), Alcohol: 6.3g (100%), Alcohol %: 2.04% (100%), Protein: 39.11g (78.21%), Selenium: 51.03µg (72.9%), Zinc: 9.41mg (62.73%), Vitamin B3: 12.45mg (62.23%), Vitamin B2: 0.84mg (49.48%), Vitamin B12: 2.88µg (48.02%), Vitamin B6: 0.91mg (45.39%), Phosphorus: 348.31mg (34.83%), Iron: 4.7mg (26.08%), Potassium: 894.41mg (25.55%), Copper: 0.46mg (23.14%), Manganese: 0.38mg (19.13%), Vitamin B1: 0.25mg (16.57%), Magnesium: 58.5mg (14.63%), Vitamin B5: 1.3mg (13.05%), Vitamin E: 1.86mg (12.42%), Vitamin A: 525.02IU (10.5%), Vitamin K: 10.31µg (9.82%), Folate: 31.92µg (7.98%), Calcium: 64.1mg (6.41%), Vitamin C: 4.33mg (5.25%), Fiber: 1.21g (4.83%), Vitamin D: 0.55µg (3.67%)