



Hanger Steak with Shallot Cherry Sauce

 **Gluten Free**  **Dairy Free**

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

1005 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce approximately 4 pieces trimmed
- ☐ 1 cup cherry preserves
- ☐ 4 tablespoons garlic infused olive oil divided
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 0.3 cup pomegranate juice
- ☐ 2 shallots thinly sliced

Equipment

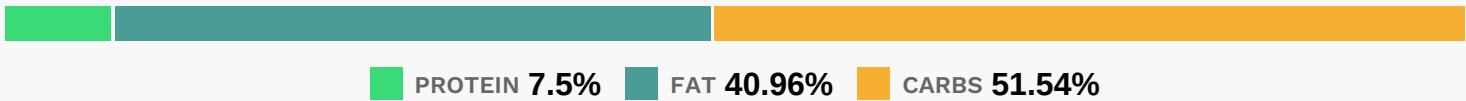
- ☐ frying pan

- ☐ sauce pan
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat a grill pan or outdoor grill to medium.
- ☐ Drizzle 2 tablespoons of oil over steaks and season all sides with salt and pepper, to taste. Put on a hot grill pan or outdoor grill. Allow the meat to cook for about 3 minutes on the first side without moving. Turn, and cook until preferred doneness is reached, another 5 minutes (just a bit more for larger cuts).
- ☐ Remove the steaks from the grill to a cutting board and allow to rest 5 to 7 minutes.
- ☐ Meanwhile, make the sauce. In a medium saucepan over high heat, add the shallots and remaining 2 tablespoons of olive oil. Season with salt and pepper and cook until golden. Deglaze the pan with pomegranate juice, scraping up the brown bits, then stir in the cherry preserves. Bring to a boil, then reduce the heat to a simmer and cook until thick. Taste and adjust seasoning, if necessary.
- ☐ Thinly slice the steak against the grain and arrange on serving plates.
- ☐ Serve with the cherry sauce.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:66.21, Inflammation Score:-5, Nutrition Score:19.105217270634%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 1004.96kcal (50.25%), Fat: 46.92g (72.18%), Saturated Fat: 26.1g (163.14%), Carbohydrates: 132.82g (44.27%), Net Carbohydrates: 127.38g (46.32%), Sugar: 110.32g (122.58%), Cholesterol: 0mg (0%), Sodium: 507.68mg (22.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.68%), Manganese: 1.72mg (86.19%), Vitamin B3: 9.23mg (46.16%), Magnesium: 138.04mg (34.51%), Copper: 0.69mg (34.35%), Phosphorus: 330.27mg (33.03%), Folate: 95.55µg (23.89%), Vitamin B2: 0.38mg (22.32%), Fiber: 5.44g (21.76%), Vitamin E: 2.96mg (19.77%), Vitamin B1: 0.29mg (19.22%), Potassium: 644mg (18.4%), Vitamin K: 16.04µg (15.28%), Zinc: 1.82mg (12.13%), Calcium: 120.48mg (12.05%), Vitamin B6: 0.21mg (10.6%), Vitamin B5: 1mg (9.97%), Vitamin C: 5.67mg (6.87%), Iron: 1.19mg (6.59%), Selenium: 2.48µg (3.55%), Vitamin B12: 0.17µg (2.77%)