



Hanger Steak with Shallots

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 hanger steaks trimmed (of main gristle running through center)
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted
- ☐ 6 medium shallots thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 cup red wine
- ☐ 2 tablespoons parsley italian finely chopped

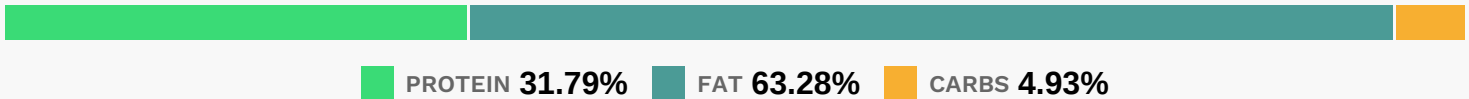
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil

Directions

- ☐ Sear the steaks on all sides:
- ☐ Heat oil in a large heavy-bottomed skillet or sauté pan over high heat. Pat the steaks dry with a paper towel and season them with salt and pepper.
- ☐ When the pan is hot, place the steaks into the pan, and brown them on all sides. (Do not move the steak pieces until they have browned on one side, if you move them, they won't brown easily.)
- ☐ Cook until done to your preference, remove from pan: Continue to turn them until they are cooked to your preference, 6 minutes total for medium-rare (the steaks will continue to cook as they rest), a few minutes longer for more well done.
- ☐ Transfer the steaks to a warm dish and cover them with foil and let them rest while you prepare the sauce.
- ☐ Make the sauce: Reduce the heat to medium, add a tablespoon of butter and the shallots. Season with salt and pepper and cook, stirring frequently until the shallots are softened, about 3 to 5 minutes.
- ☐ Add the vinegar and cook until it boils away, then add the wine.
- ☐ Bring the wine to a boil and let reduce to about half.
- ☐ Remove pan from heat, stir in the remaining tablespoon of butter and the chopped parsley.
- ☐ Slice steaks across the grain to serve: To serve, cut each steak across the grain into thin slices. Fan the slices out on a warm dinner plate.
- ☐ Drizzle the warm shallot sauce over the meat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.67, Inflammation Score:-6, Nutrition Score:24.795217332633%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 605.85kcal (30.29%), Fat: 41.19g (63.37%), Saturated Fat: 18.3g (114.39%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 5.97g (2.17%), Sugar: 3.16g (3.51%), Cholesterol: 152.91mg (50.97%), Sodium: 319.57mg (13.89%), Alcohol: 3.18g (100%), Alcohol %: 1.28% (100%), Protein: 46.55g (93.1%), Selenium: 55.73µg (79.61%), Zinc: 11.82mg (78.77%), Vitamin B12: 3.76µg (62.73%), Vitamin B3: 11.24mg (56.18%), Vitamin B6: 1.05mg (52.51%), Vitamin K: 39.21µg (37.34%), Phosphorus: 358.28mg (35.83%), Vitamin B2: 0.56mg (33.02%), Iron: 4.66mg (25.86%), Potassium: 784.79mg (22.42%), Magnesium: 60.38mg (15.09%), Vitamin B1: 0.22mg (15%), Copper: 0.22mg (10.88%), Manganese: 0.16mg (7.83%), Vitamin A: 379.41IU (7.59%), Vitamin C: 5.7mg (6.91%), Folate: 23.08µg (5.77%), Fiber: 1.27g (5.06%), Vitamin E: 0.7mg (4.64%), Calcium: 37.14mg (3.71%), Vitamin D: 0.33µg (2.21%), Vitamin B5: 0.13mg (1.33%)