



## Herbed Hanger Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons olive oil
- ☐ 2 servings salt and pepper freshly ground
- ☐ 2 large shallots thinly sliced
- ☐ 1 pound hanger steak trimmed (see Note)
- ☐ 1 tablespoon thyme leaves

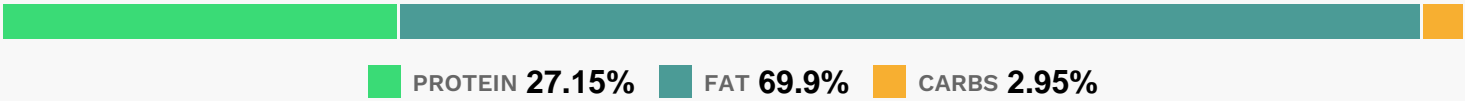
### Equipment

- ☐ frying pan
- ☐ cutting board

# Directions

- ☐ Rub the steak with 2 tablespoons of the olive oil and coat with the thyme. Season with salt and pepper.
- ☐ In a large cast-iron skillet, heat the remaining 1 tablespoon of olive oil until shimmering.
- ☐ Add the meat and pan-fry over moderately high heat until browned and crusty, about 4 minutes per side for medium rare.
- ☐ Transfer the steak to a cutting board and let stand for 5 minutes.
- ☐ Add the shallots to the skillet and cook over moderately high heat, stirring occasionally, until softened and browned, about 3 minutes.
- ☐ Thickly slice the steak across the grain and arrange on plates. Spoon the sauted shallots on top of the steak and serve immediately.
- ☐ Notes: If the steak has a membrane that runs down the middle of the meat, remove it by cutting on either side of the membrane, dividing the steak into 2 long strips.

## Nutrition Facts



## Properties

Glycemic Index:37.5, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:24.0826089434%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg

## Nutrients (% of daily need)

Calories: 678.91kcal (33.95%), Fat: 53.15g (81.77%), Saturated Fat: 17.18g (107.4%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.77g (1.37%), Sugar: 1.97g (2.19%), Cholesterol: 138.35mg (46.12%), Sodium: 315.46mg (13.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.45g (92.9%), Selenium: 55.64µg (79.48%), Zinc: 11.8mg (78.66%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.22mg (56.09%), Vitamin B6: 1mg (50.17%), Phosphorus: 345.3mg (34.53%), Vitamin B2: 0.56mg (33.15%), Iron: 4.93mg (27.39%), Potassium: 712.88mg (20.37%), Vitamin E: 3.03mg (20.23%), Vitamin K: 16.24µg (15.47%), Magnesium: 58.48mg (14.62%), Vitamin B1: 0.22mg (14.42%), Copper: 0.22mg (10.92%), Vitamin C: 7.6mg (9.22%), Manganese: 0.13mg (6.68%), Fiber: 1.29g (5.16%), Folate: 16.88µg (4.22%), Vitamin A: 201.3IU (4.03%), Calcium: 39.63mg (3.96%), Vitamin D: 0.23µg (1.51%)