



Johnny Garlic's Grilled Peppered Steak with Cabernet Balsamic Sauce

 Gluten Free  Dairy Free

READY IN



305 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 4 tablespoons peppercorns black
- ☐ 2 tablespoons brown sugar
- ☐ 1 cup wine
- ☐ 2 pounds flank steak cut into 8-ounce pieces
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons kosher salt

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup onion red minced

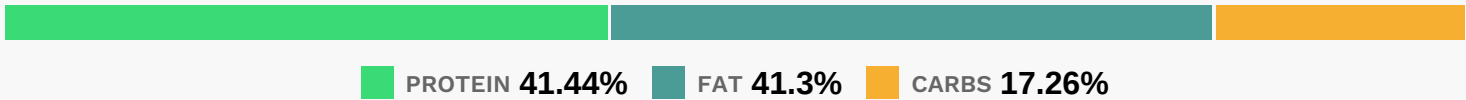
Equipment

- ☐ sauce pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Cut flank steak into 8-ounce portions and lightly tenderize with mallet. Dust with crushed black pepper and kosher salt. Press salt and pepper into steak with the palm of hand.
- ☐ Transfer steaks to a baking dish and place in the refrigerator.
- ☐ Let marinate for 4 to 8 hours.
- ☐ In a medium sauce pan over medium heat, add extra-virgin olive oil and onions and lightly saute until onions are caramelized.
- ☐ Add garlic and cook until garlic begins to turn brown. Deglaze with wine and balsamic vinegar.
- ☐ Add sugar and let simmer and reduce for 20 to 30 minutes until mixture reduces to 3/4 cup.
- ☐ Place steaks over a hot grill. Move once on first side to mark the steaks, cook for 5 minutes and flip, again only moving once to mark steak, cook for 4 minutes. When desired doneness is achieved, remove steaks from grill and let rest for 3 to 4 minutes.
- ☐ Strain wine mixture and return to heat to reduce for 5 more minutes or until thick syrup is created.
- ☐ Serve with the steaks.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:4.34, Inflammation Score:-6, Nutrition Score:28.674782504206%

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: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 536.26kcal (26.81%), Fat: 22.19g (34.13%), Saturated Fat: 6.3g (39.36%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 18.12g (6.59%), Sugar: 11.09g (12.33%), Cholesterol: 136.08mg (45.36%), Sodium: 3620.38mg (157.41%), Alcohol: 6.3g (100%), Alcohol %: 2.18% (100%), Protein: 50.08g (100.17%), Selenium: 67.81µg (96.87%), Vitamin B6: 1.44mg (72.02%), Vitamin B3: 14.27mg (71.35%), Manganese: 1.4mg (70.06%), Zinc: 8.88mg (59.21%), Phosphorus: 486.18mg (48.62%), Vitamin B12: 2.06µg (34.4%), Potassium: 973.4mg (27.81%), Iron: 4.88mg (27.11%), Vitamin K: 25.49µg (24.27%), Magnesium: 72.95mg (18.24%), Vitamin B2: 0.28mg (16.69%), Copper: 0.32mg (16.11%), Vitamin B5: 1.6mg (16.01%), Vitamin E: 2.28mg (15.18%), Vitamin B1: 0.18mg (12.18%), Calcium: 113.7mg (11.37%), Fiber: 2.74g (10.97%), Folate: 33.2µg (8.3%), Vitamin C: 1.36mg (1.65%), Vitamin A: 55.08IU (1.1%)