



Multicolored-Pepper Steaks with Balsamic Onions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 boned tender beef steaks such as top loin (new york strip) or rib eye thick (each)
- ☐ 2 tablespoons butter
- ☐ 0.3 cup fresh-cracked multicolored peppercorns (see notes)
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 2 onions sweet such as walla walla, vidalia, or maui, peeled and slivered lengthwise

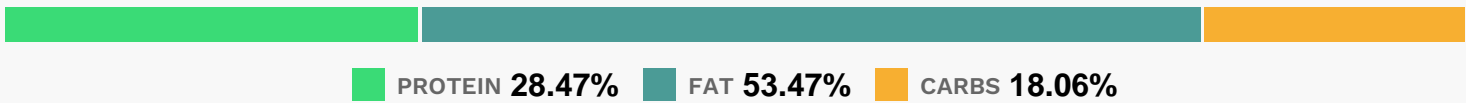
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt 1 1/2 tablespoons butter with 1 1/2 tablespoons olive oil in a 12-inch frying pan over medium heat.
- ☐ Add onions and stir in 1/2 teaspoon salt. Cover and cook, stirring occasionally, until onions are limp, about 8 minutes. Uncover and sprinkle with sugar. Increase heat to medium-high and stir often until onions begin to brown, 5 to 7 minutes.
- ☐ Add balsamic vinegar and 1 1/2 teaspoons thyme leaves; stir often until liquid has evaporated, 1 to 2 minutes longer.
- ☐ Rinse steaks and pat dry.
- ☐ Sprinkle both sides lightly with salt, then coat with pepper. Melt remaining 1/2 tablespoon butter with 1/2 tablespoon olive oil in a 12-inch ovenproof frying pan over medium-high heat (divide among two pans if there's not enough room for steaks in one).
- ☐ Add steaks and cook until well browned on the bottom, 4 to 5 minutes. Turn steaks over and cook until beginning to brown on the other side, about 2 minutes.
- ☐ Transfer pan to a 375 oven and bake until medium-rare (still pink in the center; cut to test), 7 to 8 minutes, or until as done as you like (steaks will continue cooking for a few minutes after you take them out of the oven).
- ☐ Transfer steaks to warm plates. Spoon onions over the top and sprinkle with remaining 1 1/2 teaspoons thyme leaves.

Nutrition Facts



Properties

Glycemic Index:61.77, Glycemic Load:2.94, Inflammation Score:-9, Nutrition Score:28.820434881293%

Flavonoids

Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 530.78kcal (26.54%), Fat: 31.9g (49.08%), Saturated Fat: 12.09g (75.58%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 18.77g (6.82%), Sugar: 10.1g (11.22%), Cholesterol: 137.45mg (45.82%), Sodium: 456.03mg (19.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.21g (76.42%), Manganese: 2.08mg (103.75%), Vitamin B6: 1.31mg (65.5%), Selenium: 43.62µg (62.31%), Vitamin B3: 10.74mg (53.72%), Zinc: 6.98mg (46.54%), Phosphorus: 414.8mg (41.48%), Vitamin B12: 2.1µg (35.05%), Vitamin K: 31.79µg (30.27%), Potassium: 984.4mg (28.13%), Iron: 5.04mg (28.02%), Copper: 0.45mg (22.63%), Fiber: 5.48g (21.9%), Magnesium: 81.49mg (20.37%), Vitamin B1: 0.23mg (15.19%), Vitamin B2: 0.26mg (15.14%), Folate: 60.28µg (15.07%), Calcium: 148.89mg (14.89%), Vitamin B5: 1.38mg (13.8%), Vitamin C: 10.75mg (13.03%), Vitamin E: 1.95mg (13.02%), Vitamin A: 340.61IU (6.81%)