



New York Steaks with Boursin and Merlot Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 philadelphia cheese and herb cooking creme french cut into 6 wedges
- ☐ 0.3 cup butter chilled cut into small pieces ()
- ☐ 2 teaspoons chives fresh whole chopped for garnish
- ☐ 1.5 cups red wine fruity
- ☐ 2 tablespoons olive oil divided
- ☐ 2 teaspoons parsley fresh italian chopped
- ☐ 54 ounce fat-trimmed beef flank steak trimmed ()

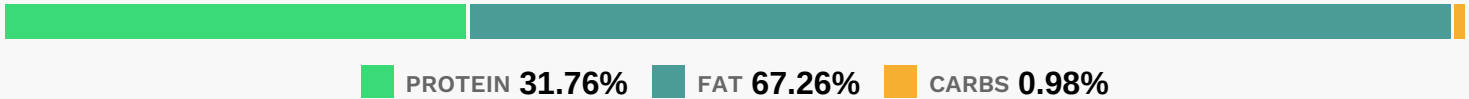
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Heat 1 tablespoon oil in each of 2 heavy large skillets over medium-high heat.
- ☐ Sprinkle steaks with salt and pepper.
- ☐ Add 3 steaks to each skillet; cook about 4 minutes per side for medium-rare.
- ☐ Transfer to platter; top each with 1 cheese wedge. Tent with foil to keep warm.
- ☐ Pour off drippings from 1 skillet; add wine to skillet and boil over high heat until reduced to generous 1/2 cup, scraping up browned bits, about 5 minutes.
- ☐ Remove from heat; add butter and stir until melted.
- ☐ Mix in parsley and chopped chives. Season with salt and pepper.
- ☐ Pour over steaks.
- ☐ Garnish with whole chives.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:24.32260874594%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 691.23kcal (34.56%), Fat: 48.45g (74.54%), Saturated Fat: 21.58g (134.86%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.39g (0.43%), Cholesterol: 176.06mg (58.69%), Sodium: 196.53mg (8.54%), Alcohol: 6.36g (100%), Alcohol %: 2.44% (100%), Protein: 51.48g (102.95%), Selenium: 62.47µg (89.25%), Zinc: 13.18mg (87.89%), Vitamin B12: 4.25µg (70.86%), Vitamin B3: 12.63mg (63.16%), Vitamin B6: 1.05mg (52.65%), Phosphorus: 383.69mg (38.37%), Vitamin B2: 0.63mg (37.18%), Iron: 4.7mg (26.11%), Potassium: 763.48mg (21.81%), Magnesium: 61.13mg (15.28%), Vitamin B1: 0.23mg (15.22%), Copper: 0.21mg (10.31%), Vitamin K: 8.8µg (8.38%), Vitamin E: 0.89mg (5.95%), Vitamin A: 294.02IU (5.88%), Manganese: 0.08mg (4.02%), Calcium: 25.39mg (2.54%), Folate: 8.94µg (2.23%), Vitamin D: 0.26µg (1.7%)