



Ostrich with Port and Blue Cheese Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons creamy cheese blue
- ☐ 4 servings fresh-ground pepper
- ☐ 0.3 cup port
- ☐ 4 servings salt
- ☐ 4 ostrich medallion steaks thick
- ☐ 0.3 cup whipping cream

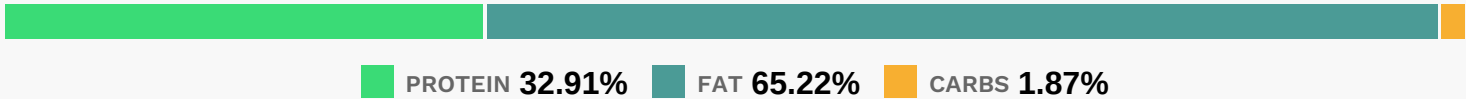
Equipment

☐ frying pan

Directions

- ☐ Rinse ostrich and pat dry.
- ☐ In a 10- to 12-inch frying pan over high heat, melt butter. When hot, add ostrich in a single layer. Brown on each side, cooking until rare or medium-rare (red in center, cut to test), 4 to 5 minutes total, or to taste (well-done ostrich is dry).
- ☐ Remove pan from heat, quickly transfer the meat to a platter, and keep it warm.
- ☐ Add port, cream, and cheese to pan; stir over high heat until reduced to about 1/3 cup.
- ☐ Pour sauce over the meat. Season to taste with pepper and salt.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:21.563478458187%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 582.43kcal (29.12%), Fat: 41.15g (63.31%), Saturated Fat: 18.88g (117.98%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.62g (1.8%), Cholesterol: 157.29mg (52.43%), Sodium: 389.95mg (16.95%), Alcohol: 2.3g (100%), Alcohol %: 1.1% (100%), Protein: 46.71g (93.43%), Selenium: 56.18µg (80.25%), Zinc: 11.73mg (78.23%), Vitamin B12: 3.82µg (63.69%), Vitamin B3: 11.14mg (55.72%), Vitamin B6: 0.91mg (45.67%), Phosphorus: 349.93mg (34.99%), Vitamin B2: 0.59mg (34.45%), Iron: 3.96mg (22%), Potassium: 645.41mg (18.44%), Vitamin B1: 0.21mg (13.74%), Magnesium: 50.94mg (12.73%), Copper: 0.19mg (9.38%), Vitamin A: 405.01IU (8.1%), Calcium: 46.93mg (4.69%), Vitamin K: 4.11µg (3.92%), Vitamin D: 0.48µg (3.21%), Folate: 8.69µg (2.17%), Vitamin E: 0.26mg (1.7%), Manganese: 0.03mg (1.58%), Vitamin B5: 0.11mg (1.08%)