



Pan-Fried Steak with Marsala Sauce

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 0.5 cup chicken broth
- 32 ounce beef chuck steaks trimmed well
- 0.3 teaspoon rosemary dried crushed
- 2 cloves garlic crushed
- 0.5 cup plum brandy
- 4 servings salt and pepper to taste

Equipment

- frying pan
- whisk
- aluminum foil

Directions

- Heat a large, heavy skillet over high heat for 2 minutes, or until very hot. Season steaks with salt and pepper to taste.
- Place steaks in hot skillet and immediately turn down the heat to medium high. Cook for 4 minutes. Turn steaks and cook for an additional 4 to 6 minutes, depending on your tastes.
- Remove steaks from skillet to a platter and cover with aluminum foil to keep warm.
- Remove skillet from heat. Quickly saute the garlic for 1 to 2 minutes in the skillet using residual heat. Return skillet to medium low heat and add Marsala and chicken broth. Bring to a boil and reduce for 3 minutes.
- Remove pan from heat and whisk in butter and rosemary.
- Serve sauce over steaks.

Nutrition Facts

PROTEIN 29.42% **FAT 67.35%** **CARBS 3.23%**

Properties

Glycemic Index:37.5, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:23.966521758748%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 617.18kcal (30.86%), Fat: 43.97g (67.64%), Saturated Fat: 20.47g (127.94%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.71g (1.71%), Sugar: 2.48g (2.76%), Cholesterol: 177.38mg (59.13%), Sodium: 527.47mg (22.93%), Alcohol: 4.59g (100%), Alcohol %: 1.95% (100%), Protein: 43.21g (86.41%), Zinc: 16.76mg (111.74%), Vitamin

B12: 6.01µg (100.19%), Selenium: 45.27µg (64.66%), Vitamin B3: 10.07mg (50.35%), Vitamin B6: 0.94mg (46.88%), Phosphorus: 426mg (42.6%), Iron: 4.98mg (27.65%), Potassium: 817.17mg (23.35%), Vitamin B2: 0.35mg (20.72%), Vitamin B5: 1.52mg (15.21%), Vitamin B1: 0.19mg (12.8%), Magnesium: 48.96mg (12.24%), Copper: 0.16mg (8.16%), Vitamin A: 297.33IU (5.95%), Manganese: 0.1mg (4.77%), Calcium: 40.76mg (4.08%), Vitamin K: 4.16µg (3.96%), Vitamin E: 0.57mg (3.83%), Folate: 7.18µg (1.8%), Vitamin D: 0.23µg (1.51%)