



Panfried Flank Steak with Mushroom Ragoût



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 14 oz canned tomatoes diced canned
- ☐ 1.5 lb flank steak
- ☐ 6 cups mushrooms mixed fresh sliced
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon red-pepper flakes dried hot

- ☐ 1.3 teaspoons salt
- ☐ 1 pinch sugar

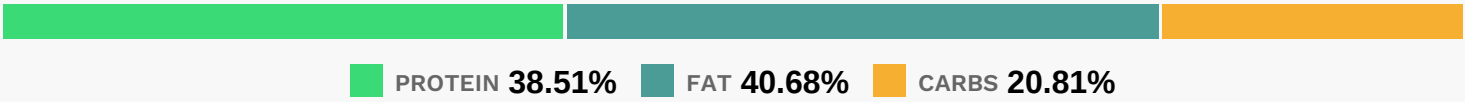
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Put oven rack in middle position and preheat oven to 200°F.
- ☐ Pat steak dry.
- ☐ Mix together salt and pepper in a small bowl, then rub three fourths of salt mixture on both sides of steak.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté meat, turning over once, 6 to 8 minutes total for rare (depending on thickness of steak).
- ☐ Transfer to a baking pan and keep warm in oven while making ragout.
- ☐ Heat remaining 2 tablespoons oil in uncleaned skillet over moderately high heat until hot but not smoking, then sauté garlic, rosemary, and red-pepper flakes, stirring, until fragrant, about 30 seconds.
- ☐ Add mushrooms and remaining salt mixture and sauté, stirring frequently and scraping up any brown bits, until mushrooms are tender but still juicy, 6 to 7 minutes.
- ☐ Add tomatoes with their juice and sugar, then simmer, stirring occasionally, until liquid is reduced by about two thirds, 5 to 8 minutes.
- ☐ Transfer steak to a cutting board and pour any meat juices from baking pan into mushroom ragout. Holding knife at a 45-degree angle, cut steak across the grain into thin slices.
- ☐ Serve topped with ragout.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:4.93, Inflammation Score:-7, Nutrition Score:37.114347842724%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 444.89kcal (22.24%), Fat: 20.73g (31.9%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 15.18g (5.52%), Sugar: 8.35g (9.28%), Cholesterol: 102.06mg (34.02%), Sodium: 853.92mg (37.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.17g (88.34%), Vitamin B3: 23.79mg (118.93%), Vitamin B6: 2.04mg (102.01%), Selenium: 69.7µg (99.57%), Phosphorus: 725.95mg (72.6%), Zinc: 10.04mg (66.91%), Vitamin B5: 6.17mg (61.68%), Vitamin B2: 0.94mg (55.07%), Potassium: 1624.58mg (46.42%), Manganese: 0.85mg (42.56%), Fiber: 8.69g (34.75%), Copper: 0.62mg (30.77%), Magnesium: 106.43mg (26.61%), Vitamin B12: 1.55µg (25.8%), Iron: 4.18mg (23.21%), Folate: 66.37µg (16.59%), Vitamin E: 2.15mg (14.34%), Vitamin B1: 0.18mg (11.74%), Vitamin D: 1.36µg (9.04%), Vitamin K: 9.18µg (8.74%), Calcium: 46.8mg (4.68%), Vitamin A: 112.99IU (2.26%)