



Sautéed Beef with White Wine and Rosemary

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup cooking wine dry white
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 garlic cloves thinly sliced
- ☐ 4 tablespoons olive oil divided
- ☐ 1.5 tablespoons rosemary chopped
- ☐ 0.5 lb rump steak boneless (preferably top butt;)

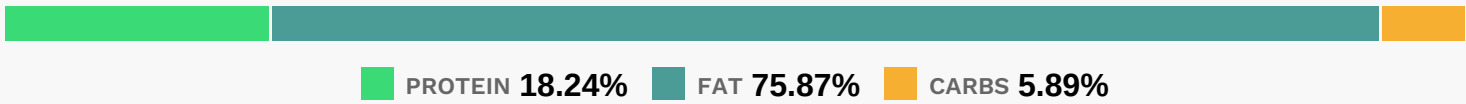
Equipment

- ☐ frying pan

Directions

- ☐ Trim excess fat, then thinly slice steak. Toss with flour, 3/4 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Heat 1 1/2 tablespoons oil in a 12-inch heavy skillet over medium-high heat. Sauté steak in 2 or 3 batches until no longer pink on the outside, about 2 minutes per batch, adding 1 1/2 tablespoons more oil as needed.
- ☐ Transfer to a plate.
- ☐ Sauté garlic and rosemary in remaining tablespoon oil over medium-high heat until golden, 1 to 2 minutes.
- ☐ Add wine and 1/2 teaspoon each of salt and pepper and boil, scraping up brown bits, until reduced by half. Return beef with juices to skillet and warm through.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:1.58, Inflammation Score:-3, Nutrition Score:7.2413043548232%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 296.21kcal (14.81%), Fat: 22.55g (34.69%), Saturated Fat: 5.4g (33.75%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.51g (1.28%), Sugar: 0.42g (0.47%), Cholesterol: 31.75mg (10.58%), Sodium: 33.82mg (1.47%), Alcohol: 4.12g (100%), Alcohol %: 4.49% (100%), Protein: 12.2g (24.39%), Vitamin B12: 1.58µg (26.27%), Selenium: 10.49µg (14.99%), Vitamin B6: 0.29mg (14.33%), Vitamin E: 2.02mg (13.46%), Zinc: 1.98mg (13.2%), Phosphorus: 113mg (11.3%), Vitamin B3: 2.24mg (11.2%), Iron: 1.68mg (9.35%), Vitamin K: 8.64µg (8.23%), Vitamin B2: 0.12mg (7.28%), Manganese: 0.13mg (6.56%), Potassium: 224.94mg (6.43%), Vitamin B1: 0.08mg (5.55%), Magnesium: 18.15mg (4.54%), Copper: 0.06mg (3.11%), Folate: 9.63µg (2.41%), Calcium: 22.45mg (2.25%), Vitamin B5: 0.22mg

(2.2%), Fiber: 0.43g (1.73%), Vitamin C: 1.39mg (1.69%)