



Sautéed Steaks with Red Wine and Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 top chuck steaks (2 pounds in all)
- ☐ 1 large clove garlic minced
- ☐ 1 bell pepper green sliced thin
- ☐ 0.8 teaspoon fresh-ground pepper black
- ☐ 4 tablespoons olive oil
- ☐ 1 large onion sliced thin
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 bell pepper red sliced thin

- ☐ 0.8 cup red wine
- ☐ 1 teaspoon salt

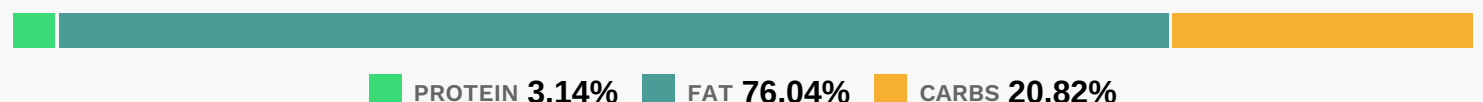
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Heat 2 tablespoons of the oil in a medium frying pan over moderately low heat. Stir in the onion, oregano, garlic, and bell peppers. Cook, covered, until the vegetables are soft, about 5 minutes.
- ☐ In a large stainless-steel frying pan, heat the remaining 2 tablespoons of the oil over moderately high heat. Season the steaks with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Put the steaks in the hot pan and cook until browned, 3 to 4 minutes. Turn and cook until done to medium rare, 3 to 4 minutes longer.
- ☐ Remove.
- ☐ Add the bell-pepper mixture, the wine, and the remaining 1/2 teaspoon each salt and black pepper to the large frying pan. Boil until the wine is completely absorbed, about 5 minutes.
- ☐ Serve the steak topped with the vegetables.
- ☐ Pounding Meat: Pounding tenderizes meat and also makes it thinner so it will cook more quickly. Cover the meat with a piece of plastic wrap or waxed paper and then flatten the steak with a traditional meat pounder or the bottom of a heavy frying pan. Or, ask your butcher to pound the meat for you.
- ☐ Wine Recommendation: With these steaks, you need a richly flavored, full-bodied red. Take a break from the same old cabernet sauvignon and try a refosco, a robust yet surprisingly sophisticated wine from the extreme northeast corner of Italy.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:1.54, Inflammation Score:-9, Nutrition Score:9.5856521081827%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 196.9kcal (9.85%), Fat: 14.38g (22.13%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 6.66g (2.42%), Sugar: 3.87g (4.3%), Cholesterol: 0.68mg (0.23%), Sodium: 588.1mg (25.57%), Alcohol: 4.77g (100%), Alcohol %: 3.77% (100%), Protein: 1.34g (2.67%), Vitamin C: 65.03mg (78.82%), Vitamin A: 1058.22IU (21.16%), Vitamin E: 2.75mg (18.31%), Vitamin K: 17.72µg (16.88%), Manganese: 0.28mg (13.84%), Vitamin B6: 0.25mg (12.31%), Fiber: 2.2g (8.79%), Potassium: 247.86mg (7.08%), Folate: 26.13µg (6.53%), Iron: 0.94mg (5.25%), Magnesium: 18.76mg (4.69%), Phosphorus: 39.6mg (3.96%), Vitamin B2: 0.06mg (3.8%), Vitamin B1: 0.06mg (3.77%), Vitamin B3: 0.67mg (3.33%), Calcium: 32.92mg (3.29%), Copper: 0.06mg (2.87%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.21mg (2.07%)