



Seared Steak with Braised Leeks and Chard

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup beef stock unsalted (such as Swanson)
- ☐ 16 ounce beef tenderloin steaks
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 0.3 cup wine dry white
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 2 cups leek thinly sliced
- ☐ 1 teaspoon mustard seeds

- ☐ 4 cups swiss chard chopped
- ☐ 1 tablespoon worcestershire sauce

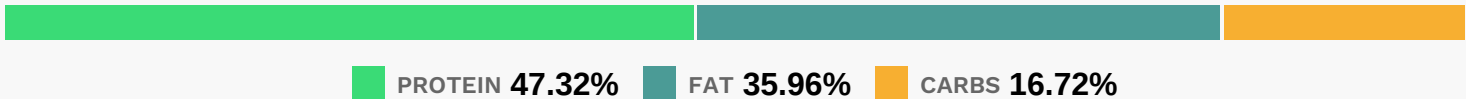
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle steaks with 1/4 teaspoon salt and pepper.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan.
- ☐ Add butter and mustard seeds to pan. When mustard seeds begin to pop, add leek to pan; cook 2 minutes, stirring occasionally.
- ☐ Add wine; cook 1 minute or until liquid evaporates, stirring constantly.
- ☐ Add stock and Worcestershire sauce to pan; cook 4 minutes or until leek is tender.
- ☐ Add remaining 1/8 teaspoon salt and chard; cook 2 minutes or until chard is wilted, stirring occasionally.
- ☐ Serve chard mixture with the steaks.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:24.442608667457%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 245.29kcal (12.26%), Fat: 9.27g (14.27%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 8.2g (2.98%), Sugar: 3g (3.33%), Cholesterol: 77.95mg (25.98%), Sodium: 527.26mg (22.92%), Alcohol: 1.54g (100%), Alcohol %: 0.75% (100%), Protein: 27.46g (54.92%), Vitamin K: 321.64µg (306.33%), Vitamin A: 3010.32IU (60.21%), Selenium: 37.52µg (53.61%), Vitamin B6: 0.88mg (44.02%), Vitamin B3: 8.06mg (40.32%), Zinc: 4.84mg (32.25%), Phosphorus: 295.34mg (29.53%), Potassium: 753.71mg (21.53%), Iron: 3.87mg (21.49%), Manganese: 0.41mg (20.53%), Vitamin C: 16.75mg (20.3%), Magnesium: 75.95mg (18.99%), Vitamin B12: 1.06µg (17.65%), Vitamin B2: 0.23mg (13.61%), Folate: 50.96µg (12.74%), Copper: 0.24mg (12.11%), Vitamin E: 1.55mg (10.31%), Vitamin B1: 0.15mg (9.99%), Vitamin B5: 0.88mg (8.76%), Calcium: 82.34mg (8.23%), Fiber: 1.5g (6%)