



Seared Steaks with Red Wine, Mushrooms, and Onions

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black divided
- 4 teaspoons canola oil divided
- 8 ounce crimini mushrooms sliced
- 2 teaspoons flour all-purpose
- 0.5 teaspoon rosemary leaves fresh chopped
- 0.8 teaspoon kosher salt divided
- 0.5 cup onion
- 0.8 cup red wine

- 16 ounce fat-trimmed beef flank steak trimmed
- 1 tablespoon butter unsalted

Equipment

- frying pan

Directions

- Sprinkle steaks with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- Heat a large heavy skillet over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
- Remove steaks from pan, and keep warm.
- Add remaining 1 teaspoon oil to pan; swirl to coat.
- Add onion, rosemary, and mushrooms; cook 5 minutes or until mushrooms begin to brown.
- Sprinkle mushroom mixture with flour; cook 30 seconds.
- Add wine; bring to a boil. Cook 1 minute, scraping pan to loosen browned bits.
- Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and butter to pan, stirring until butter melts.
- Cut steaks across the grain into thin slices.
- Serve with sauce.

Nutrition Facts

 **PROTEIN 29.77%**  **FAT 62.4%**  **CARBS 7.83%**

Properties

Glycemic Index:37.25, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:16.763912843621%

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, 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, Hesperetin: 0.28mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 359.64kcal (17.98%), Fat: 22.97g (35.34%), Saturated Fat: 9.25g (57.8%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.68g (2.07%), Sugar: 2.11g (2.34%), Cholesterol: 76.7mg (25.57%), Sodium: 501.48mg (21.8%), Alcohol: 4.77g (100%), Alcohol %: 2.47% (100%), Protein: 24.66g (49.31%), Selenium: 42.99µg (61.42%), Zinc: 6.55mg (43.69%), Vitamin B3: 7.9mg (39.48%), Vitamin B2: 0.57mg (33.82%), Vitamin B12: 1.95µg (32.42%), Vitamin B6: 0.57mg (28.31%), Phosphorus: 250mg (25%), Copper: 0.39mg (19.6%), Potassium: 651.34mg (18.61%), Iron: 2.51mg (13.97%), Vitamin B1: 0.17mg (11.57%), Manganese: 0.22mg (11.09%), Magnesium: 37.27mg (9.32%), Vitamin B5: 0.9mg (9.02%), Folate: 23.84µg (5.96%), Vitamin K: 5.67µg (5.4%), Vitamin E: 0.8mg (5.3%), Fiber: 0.8g (3.22%), Calcium: 29.3mg (2.93%), Vitamin A: 108.19IU (2.16%), Vitamin C: 1.48mg (1.8%), Vitamin D: 0.22µg (1.48%)