



## Sirloin Steak with Merlot-Balsamic Reduction

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon canola oil
- 0.5 teaspoon coarsely ground pepper black
- 0.5 cup merlot
- 0.3 teaspoon salt
- 0.5 cup shallots finely chopped ( 3 medium)
- 1 pound rump steak boneless trimmed (1/)
- 1 tablespoon worcestershire sauce

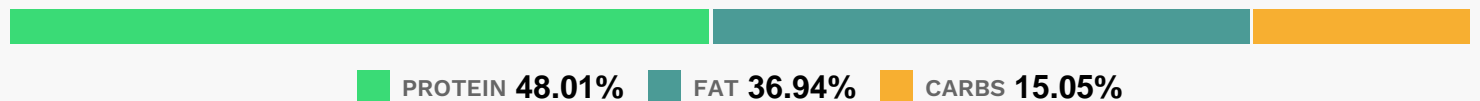
## Equipment

- frying pan
- ziploc bags

## Directions

- Combine first 5 ingredients in a large heavy-duty zip-top plastic bag.
- Add steak to bag; seal. Marinate at room temperature 15 minutes, turning frequently.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Remove steak from bag, reserving marinade.
- Add steak to pan; cook 3 minutes on each side. Reduce heat to medium; cook an additional 3 minutes on each side or until desired degree of doneness.
- Remove steak from pan; cover and keep warm.
- Add oil to pan.
- Add shallots; cook 2 minutes or until shallots begin to brown, stirring frequently. Stir in reserved marinade, scraping pan to loosen browned bits. Increase heat, and bring to a boil; boil 1 to 2 minutes or until reduced to 1/4 cup.
- Cut steak diagonally across grain into thin slices.
- Place steak slices and any accumulated juices on a serving platter. Spoon sauce over steak.

## Nutrition Facts



## Properties

Glycemic Index:31.75, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:13.741304267684%

## Nutrients (% of daily need)

Calories: 240.75kcal (12.04%), Fat: 8.78g (13.5%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.04g (2.56%), Sugar: 4.13g (4.59%), Cholesterol: 69.17mg (23.06%), Sodium: 271.85mg (11.82%), Alcohol: 3.13g (100%), Alcohol %: 2.1% (100%), Protein: 25.67g (51.34%), Vitamin B3: 8.57mg (42.86%), Selenium: 29.36µg (41.95%), Vitamin B6: 0.8mg (40.05%), Zinc: 4.87mg (32.48%), Phosphorus: 261.46mg (26.15%), Vitamin B12: 1.35µg (22.49%), Potassium: 570.37mg (16.3%), Iron: 2.65mg (14.71%), Magnesium: 37.78mg (9.44%),

Manganese: 0.18mg (9.2%), Vitamin B2: 0.14mg (8.37%), Vitamin B5: 0.84mg (8.37%), Vitamin E: 1mg (6.7%), Folate: 25.47µg (6.37%), Copper: 0.13mg (6.3%), Vitamin B1: 0.09mg (6.11%), Calcium: 52.96mg (5.3%), Vitamin K: 4.66µg (4.44%), Fiber: 1.01g (4.04%), Vitamin C: 2.92mg (3.54%)