



Sirloin Steak with Mushroom Marsala Sauce

READY IN



55 min.

SERVINGS



8

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beef stock
- ☐ 0.5 bunch chives fresh chopped
- ☐ 2 cups marsala wine
- ☐ 1.5 pounds mushrooms cleaned sliced
- ☐ 0.3 cup olive oil
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 shallots diced white finely
- ☐ 8 ounce new york strip steaks
- ☐ 1 tablespoon freshly thyme leaves chopped

☐

0.5 cup butter unsalted 1 stick

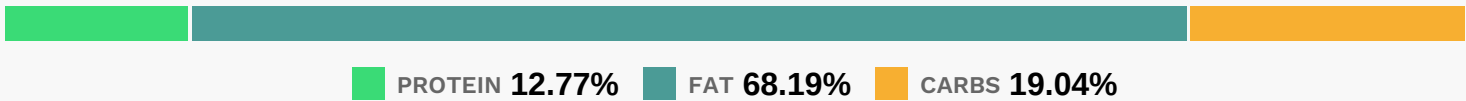
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Begin the Marsala sauce by heating the olive oil in a large saute pan. Cook the shallots (or onion) and mushrooms gently until they become translucent. Deglaze the pan with the wine and add the stock and fresh thyme. Allow to reduce by two-thirds.
- ☐ Preheat the grill to medium-high heat and season meat on both sides with salt and pepper. Sear the meat on both sides, and grill to about 128 degrees F internal temperature for medium-rare.
- ☐ Remove meat from grill and let rest.
- ☐ Strain Marsala sauce and whisk in butter to finish. Season with salt and pepper, as needed. Spoon the sauce over the grilled steaks, garnish with chopped chives, and serve.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:1.24, Inflammation Score:-8, Nutrition Score:10.762608725092%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 351.18kcal (17.56%), Fat: 22.63g (34.81%), Saturated Fat: 10.07g (62.96%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 12.75g (4.64%), Sugar: 7.69g (8.55%), Cholesterol: 47.8mg (15.93%), Sodium: 86.7mg (3.77%), Alcohol: 9.18g (100%), Alcohol %: 4.6% (100%), Protein: 9.53g (19.07%), Vitamin B2: 0.46mg (27.33%), Vitamin B3: 4.9mg (24.52%), Selenium: 15.77µg (22.53%), Copper: 0.35mg (17.71%), Potassium: 508.15mg (14.52%), Phosphorus: 141.28mg (14.13%), Zinc: 2.07mg (13.78%), Vitamin B5: 1.35mg (13.48%), Vitamin B6: 0.26mg (12.76%), Vitamin B12: 0.53µg (8.81%), Manganese: 0.18mg (8.81%), Vitamin E: 1.32mg (8.8%), Vitamin B1: 0.13mg (8.57%), Vitamin A: 412.35IU (8.25%), Iron: 1.4mg (7.79%), Vitamin C: 5.37mg (6.51%), Magnesium: 25.82mg (6.45%), Vitamin K: 6.32µg (6.02%), Fiber: 1.47g (5.89%), Folate: 22.23µg (5.56%), Vitamin D: 0.41µg (2.74%), Calcium: 25.75mg (2.58%)