



Sirloin Steaks with Mushroom Sauce and Chive-Garlic Potatoes

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.4 teaspoon pepper black divided
- ☐ 0.3 cup chives chopped
- ☐ 8 ounce cremini mushrooms sliced
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 tablespoon olive oil

- ☐ 24 ounce potatoes refrigerated mashed
- ☐ 0.3 teaspoon salt divided
- ☐ 16 ounce sirloin steaks boneless trimmed
- ☐ 0.5 cup water

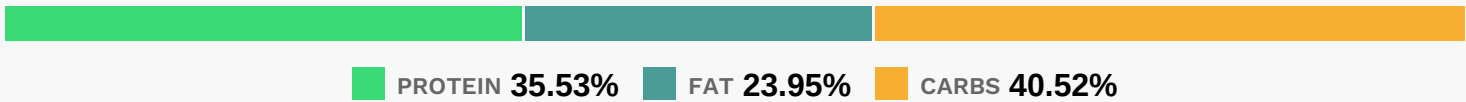
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle steaks evenly with 1/4 teaspoon pepper and 1/8 teaspoon salt.
- ☐ Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium.
- ☐ Add steaks to pan; cook 2 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan; keep warm.
- ☐ Add mushrooms to pan; cook 5 minutes or until tender and beginning to brown, stirring frequently.
- ☐ Combine wine, 1/2 cup water, flour, 1/8 teaspoon pepper, and 1/8 teaspoon salt; stir well with a whisk.
- ☐ Add wine mixture to pan; bring to a boil. Cook 2 minutes or until thick; stir constantly.
- ☐ Remove from heat.
- ☐ Prepare potatoes according to package directions. Stir in chives and garlic powder.
- ☐ Place 3/4 cup potatoes on each of 4 plates. Top each with 1 steak and about 1/4 cup mushroom sauce.

Nutrition Facts



Properties

Glycemic Index:60.19, Glycemic Load:22.37, Inflammation Score:-6, Nutrition Score:25.646956635558%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 358.73kcal (17.94%), Fat: 8.99g (13.83%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 29.96g (10.89%), Sugar: 2.38g (2.64%), Cholesterol: 69.17mg (23.06%), Sodium: 225.52mg (9.81%), Alcohol: 3.15g (100%), Alcohol %: 0.98% (100%), Protein: 30.01g (60.03%), Selenium: 44.64µg (63.77%), Vitamin B6: 1.26mg (62.87%), Vitamin B3: 12.45mg (62.24%), Vitamin C: 35.45mg (42.97%), Phosphorus: 402.32mg (40.23%), Potassium: 1375.91mg (39.31%), Zinc: 5.85mg (39.03%), Copper: 0.57mg (28.3%), Vitamin B2: 0.46mg (27.25%), Vitamin B12: 1.41µg (23.44%), Vitamin B5: 2.11mg (21.14%), Manganese: 0.4mg (20.19%), Iron: 3.56mg (19.79%), Magnesium: 72.84mg (18.21%), Vitamin B1: 0.27mg (18.09%), Fiber: 4.27g (17.1%), Folate: 61.67µg (15.42%), Vitamin K: 14.22µg (13.55%), Calcium: 67.72mg (6.77%), Vitamin E: 0.91mg (6.09%), Vitamin A: 149.53IU (2.99%), Vitamin D: 0.17µg (1.13%)