

Sirloin with Mushroom Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beef broth dry red
- 1 beef top sirloin steaks boneless
- 2 teaspoons canola oil
- 1.5 cups mushrooms fresh sliced
- 1 teaspoon pepper

Equipment

- frying pan
- oven

kitchen thermometer

aluminum foil

Directions

Preheat oven to 450°. Rub steak with pepper. In a heavy ovenproof skillet, heat oil over medium-high heat. Brown steak on both sides.

Transfer to oven; roast 4 minutes or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).

Remove steak from pan; tent with foil.

Let stand 10 minutes before slicing.

Add mushrooms to same pan; cook and stir over medium-high heat until golden brown.

Add broth and wine, stirring to loosen browned bits from pan. Bring to a boil; cook until liquid is reduced by half. Thinly slice steak; serve with mushroom sauce.

Nutrition Facts


PROTEIN 56.23% **FAT 37.76%** **CARBS 6.01%**

Properties

Glycemic Index:16, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:8.3634781715987%

Nutrients (% of daily need)

Calories: 100.71kcal (5.04%), Fat: 4.2g (6.47%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.72g (0.8%), Cholesterol: 33.33mg (11.1%), Sodium: 145.14mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.18%), Selenium: 20.98µg (29.98%), Vitamin B3: 5.19mg (25.97%), Vitamin B6: 0.4mg (19.84%), Zinc: 2.45mg (16.35%), Phosphorus: 154.87mg (15.49%), Vitamin B2: 0.22mg (12.92%), Potassium: 339.03mg (9.69%), Vitamin B12: 0.57µg (9.44%), Vitamin B5: 0.92mg (9.21%), Copper: 0.16mg (8.23%), Iron: 1.19mg (6.61%), Vitamin B1: 0.07mg (4.85%), Manganese: 0.09mg (4.49%), Magnesium: 17.69mg (4.42%), Folate: 14.15µg (3.54%), Vitamin E: 0.52mg (3.45%), Vitamin K: 2.87µg (2.73%), Fiber: 0.49g (1.95%), Calcium: 17.52mg (1.75%)