



Skirt Steak with Gorgonzola Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 teaspoon cornstarch
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.3 cup gorgonzola cheese crumbled
- ☐ 1.5 teaspoons honey
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 cup milk 2% reduced-fat

- ☐ 2 cups lower-sodium chicken broth fat-free divided
- ☐ 0.7 cup quick-cooking polenta
- ☐ 1 tablespoon shallots finely chopped
- ☐ 1 pound skirt steak trimmed cut into 4 pieces
- ☐ 1 teaspoon butter unsalted

Equipment

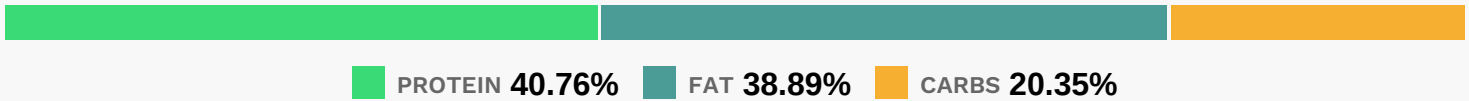
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Combine 2 cups broth and milk in a medium saucepan over medium heat; bring to a boil. Gradually whisk polenta into broth mixture, stirring constantly. Reduce heat to medium-low; cook 4 minutes, stirring frequently.
- ☐ Remove from heat. Stir in cheese, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Cover; let stand 5 minutes.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle steak evenly with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Add steak to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Transfer to a cutting board; cover loosely with foil.
- ☐ Melt butter in skillet over medium-high heat.
- ☐ Add shallots; saut 1 minute.
- ☐ Add wine, thyme, and honey; bring to a boil. Cook until reduced by half (about 2 minutes).
- ☐ Combine remaining 1 tablespoon broth and cornstarch in a small bowl, stirring with a whisk.
- ☐ Add cornstarch mixture to skillet; cook 1 minute or until sauce slightly thickens.

Cut steak diagonally across grain into thin slices. Spoon 2 tablespoons sauce onto each of 4 plates. Top each serving with 1/2 cup polenta and 3 ounces steak.

Nutrition Facts



Properties

Glycemic Index:62.82, Glycemic Load:6.49, Inflammation Score:-7, Nutrition Score:18.517826033675%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 330.82kcal (16.54%), Fat: 13.56g (20.86%), Saturated Fat: 6g (37.48%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 14.48g (5.27%), Sugar: 5.57g (6.19%), Cholesterol: 84.15mg (28.05%), Sodium: 695.53mg (30.24%), Alcohol: 3.15g (100%), Alcohol %: 1.14% (100%), Protein: 31.98g (63.95%), Zinc: 8.24mg (54.91%), Vitamin B12: 2.82µg (46.94%), Selenium: 32.12µg (45.89%), Manganese: 0.73mg (36.74%), Vitamin B3: 6.69mg (33.47%), Phosphorus: 320.98mg (32.1%), Vitamin B2: 0.52mg (30.59%), Vitamin B6: 0.55mg (27.63%), Potassium: 736.63mg (21.05%), Magnesium: 71.39mg (17.85%), Iron: 2.81mg (15.62%), Calcium: 125.94mg (12.59%), Vitamin B1: 0.17mg (11.21%), Vitamin B5: 1.1mg (11.02%), Copper: 0.16mg (8.01%), Fiber: 1.49g (5.96%), Folate: 14.43µg (3.61%), Vitamin A: 179.6IU (3.59%), Vitamin K: 2.94µg (2.8%), Vitamin E: 0.28mg (1.84%), Vitamin C: 1.13mg (1.37%), Vitamin D: 0.17µg (1.12%)