



 **10%**  
HEALTH SCORE

## Skirt Steak with Mustard Sauce

 **Gluten Free**  **Low Fod Map**

READY IN



**17 min.**

SERVINGS



**4**

CALORIES



**449 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons coarse mustard
- 0.8 cup chicken broth low-sodium
- 1 tablespoon olive oil
- 4 servings salt and pepper
- 24 oz fat-trimmed beef flank steak
- 2 tablespoons butter unsalted

### Equipment

- frying pan

- paper towels
- whisk
- aluminum foil

## Directions

- Sprinkle steaks with salt and pepper. Warm oil in a large skillet over medium-high heat.
- Add steaks and cook, turning once, about 4 minutes total for medium-rare.
- Transfer to a plate, and cover loosely with foil to keep warm.
- Wipe skillet with a paper towel and add broth. Bring to a boil and cook until reduced by half, about 5 minutes.
- Remove pan from heat and whisk in mustard and butter. Season with salt and pepper, spoon over steaks, and serve.

## Nutrition Facts

**PROTEIN 31.55%** **FAT 67.45%** **CARBS 1%**

## Properties

Glycemic Index:8, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:16.992173913043%

## Nutrients (% of daily need)

Calories: 448.87kcal (22.44%), Fat: 33.88g (52.12%), Saturated Fat: 14.89g (93.03%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.22g (0.25%), Cholesterol: 118.81mg (39.6%), Sodium: 420.11mg (18.27%), Protein: 35.65g (71.29%), Selenium: 45.4µg (64.86%), Zinc: 8.85mg (58.99%), Vitamin B12: 2.88µg (48%), Vitamin B3: 9mg (45%), Vitamin B6: 0.69mg (34.55%), Phosphorus: 272.04mg (27.2%), Vitamin B2: 0.43mg (25.27%), Iron: 3.22mg (17.89%), Potassium: 512.55mg (14.64%), Vitamin B1: 0.17mg (11.42%), Magnesium: 41.71mg (10.43%), Copper: 0.16mg (8.24%), Vitamin K: 5.32µg (5.06%), Vitamin E: 0.71mg (4.71%), Vitamin A: 208.43IU (4.17%), Manganese: 0.05mg (2.38%), Calcium: 22.6mg (2.26%), Fiber: 0.48g (1.93%), Vitamin D: 0.28µg (1.83%), Folate: 6.1µg (1.53%)