



## Skirt Steak with Red-Wine Sauce

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

READY IN



20 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 0.8 cup wine dry red
- 0.8 teaspoon salt
- 1.5 lb skirt steak cut into 4 pieces
- 1 teaspoon sugar
- 4 thyme sprigs fresh
- 1 bay leaves
- 2 tablespoons butter unsalted cold cut into small pieces

- 1 tablespoon vegetable oil
- 0.5 teaspoon worcestershire sauce

## Equipment

- frying pan

## Directions

- Pat steak dry and sprinkle all over with salt and pepper.
- Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook steaks, turning over once, 5 to 7 minutes total for medium-rare.
- Transfer to a platter.
- Pour off fat from skillet, then add wine, thyme, bay leaf, sugar, and Worcestershire sauce and bring to a boil, scraping up brown bits. Continue to boil until reduced by half, about 3 minutes.
- Add any meat juices on platter, then remove from heat and discard bay leaf and thyme. Stir in butter and salt and pepper to taste and serve with steaks.

## Nutrition Facts



## Properties

Glycemic Index:36.77, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:18.856956868068%

## Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 383.67kcal (19.18%), Fat: 21.71g (33.4%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.48g (0.9%), Sugar: 1.08g (1.2%), Cholesterol: 122.21mg (40.74%), Sodium: 558.94mg (24.3%), Alcohol: 4.72g (100%), Alcohol %: 2.61% (100%), Protein: 36.92g (73.84%), Zinc: 10.98mg (73.22%), Vitamin B12: 3.63µg (60.58%), Selenium: 37.51µg (53.58%), Vitamin B3: 9.68mg (48.41%), Vitamin B6: 0.74mg (37.22%), Vitamin B2: 0.55mg (32.52%), Phosphorus: 265.37mg (26.54%), Iron: 3.24mg (17.98%), Potassium: 512.36mg (14.64%), Vitamin B5: 1mg (10%), Magnesium: 39.51mg (9.88%), Vitamin K: 9.51µg (9.05%), Manganese: 0.18mg (8.89%), Copper: 0.15mg (7.58%), Vitamin B1: 0.1mg (6.9%), Vitamin A: 238.87IU (4.78%), Vitamin E: 0.61mg (4.08%), Vitamin C: 1.71mg (2.07%), Vitamin D: 0.28µg (1.83%), Calcium: 17.78mg (1.78%), Folate: 5.89µg (1.47%)