



Steak Diane

READY IN



75 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart beef stock low-sodium
- ☐ 0.5 cup brandy
- ☐ 4 tablespoons butter
- ☐ 3 cups cremini mushrooms thinly sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cooking wine dry red
- ☐ 24 ounce filet mignons
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon kosher salt

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon freshly cracked pepper black
- ☐ 2 shallots sliced
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Pairs well with: cabernet
- ☐ Add the beef stock to a saucepan and reduce over medium-high heat to 1/2 cup, about 1 hour.
- ☐ Sprinkle the steaks on both sides with the salt and pepper. In a large skillet or cast-iron pan over medium-high heat, heat 2 tablespoons of the butter and the olive oil. When the butter has melted and the oil shimmers, add the steaks. Brown the steaks on both sides, 3 minutes per side.
- ☐ Transfer the steaks to a plate and set aside, lightly covered with foil.
- ☐ Add the mushrooms and shallots to the pan and cook for 2 minutes, stirring frequently, adding oil if needed.
- ☐ Add the garlic. When the garlic is lightly colored, add the brandy (be careful, it can ignite).
- ☐ Add the wine, mustard, Worcestershire and the reduced beef stock. Simmer for 2 to 3 minutes more. Return the steaks to the pan and finish cooking them to the desired temperature, 2 to 4 minutes, depending upon the size of the filets and desired temperature/doneness. For medium-rare, cook to 135 degrees F on an instant-read thermometer.
- ☐ Add the remaining 2 tablespoons butter to the sauce to melt.
- ☐ To serve, place a steak on each plate and pour the sauce over the steak.

Nutrition Facts

 **PROTEIN 11.53%**  **FAT 71.03%**  **CARBS 17.44%**

Properties

Glycemic Index:47.25, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:10.822608610858%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 319.38kcal (15.97%), Fat: 18.79g (28.91%), Saturated Fat: 8.27g (51.71%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 9.3g (3.38%), Sugar: 3.71g (4.12%), Cholesterol: 30.1mg (10.03%), Sodium: 1242.12mg (54.01%), Alcohol: 13.17g (100%), Alcohol %: 2.94% (100%), Protein: 6.87g (13.73%), Vitamin B2: 0.5mg (29.44%), Selenium: 18.92µg (27.02%), Potassium: 783.81mg (22.39%), Copper: 0.43mg (21.65%), Vitamin B3: 4.23mg (21.14%), Phosphorus: 162.18mg (16.22%), Vitamin B6: 0.27mg (13.73%), Manganese: 0.25mg (12.48%), Vitamin B1: 0.16mg (10.4%), Vitamin E: 1.39mg (9.27%), Vitamin B5: 0.9mg (8.98%), Iron: 1.45mg (8.05%), Zinc: 1.15mg (7.63%), Vitamin A: 359.39IU (7.19%), Magnesium: 28.3mg (7.07%), Vitamin K: 6.5µg (6.19%), Folate: 23.68µg (5.92%), Calcium: 51.62mg (5.16%), Fiber: 1.07g (4.3%), Vitamin C: 2.5mg (3.03%), Vitamin B12: 0.08µg (1.3%)