



Steak Diane

READY IN



20 min.

SERVINGS



4

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce black-bean soup canned
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 2 tablespoons madeira wine
- ☐ 1 cup scallions chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water
- ☐ 2 tablespoons worcestershire sauce

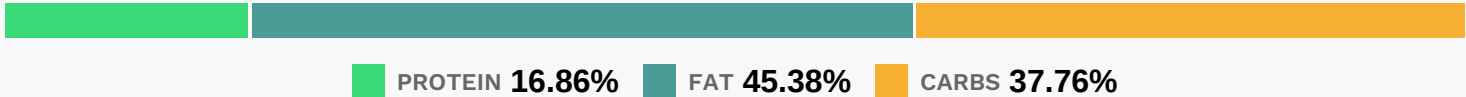
Equipment

- ☐ frying pan
- ☐ blender
- ☐ cutting board

Directions

- ☐ Heat butter and oil in a 12-inch heavy skillet over medium heat until foam subsides. Meanwhile, pat steaks dry and sprinkle both sides with 3/4 teaspoon salt and 1/2 teaspoon pepper (total). Cook steaks, turning once, until browned and medium-rare, 6 to 8 minutes total.
- ☐ While steaks cook, stir soup in can, then transfer 2/3 cup to a blender (reserve remainder for another use) and blend until very smooth, about 2 minutes.
- ☐ Transfer steaks to a cutting board and let stand, loosely covered, 10 minutes. Meanwhile, pour off all but 1 tablespoon fat from skillet and cook scallions over medium heat, stirring, until softened. Stir in blended soup along with remaining ingredients and any juices from meat and bring to a boil. Spoon some of sauce over steaks and serve remainder on the side.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:8.5617391706809%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 249.74kcal (12.49%), Fat: 12.51g (19.25%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 16.08g (5.85%), Sugar: 14.54g (16.16%), Cholesterol: 15.05mg (5.02%), Sodium: 162.9mg (7.08%), Alcohol: 0.77g (100%), Alcohol %: 0.49% (100%), Protein: 10.46g (20.92%), Vitamin K: 91.46µg (87.11%), Fiber: 7.35g (29.41%), Iron: 3.36mg (18.68%), Vitamin A: 602.04IU (12.04%), Vitamin C: 8.48mg (10.28%), Folate: 20.27µg (5.07%), Potassium: 160.71mg (4.59%), Vitamin E: 0.61mg (4.09%), Calcium: 35.46mg (3.55%), Manganese: 0.07mg (3.39%), Magnesium: 10.09mg (2.52%), Copper: 0.05mg (2.48%), Vitamin B2: 0.04mg (2.29%), Phosphorus: 22.59mg (2.26%), Selenium: 1.55µg (2.21%), Vitamin B1: 0.03mg (1.95%), Vitamin B3: 0.25mg (1.25%), Zinc: 0.18mg (1.18%), Vitamin B6: 0.02mg (1.18%)