



## Steak Diane

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



1097 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 24 ounce another cut
- ☐ 4 servings salt
- ☐ 0.5 cup beef broth (see Recipe Note)
- ☐ 4 teaspoons worcestershire sauce
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons tomato paste
- ☐ 2 tablespoons butter
- ☐ 0.5 cup shallots finely minced

- ☐ 4 tablespoons cognac
- ☐ 0.3 cup heavy cream
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoons chives finely chopped
- ☐ 4 servings meat from a rotisserie chicken
- ☐ 4 servings beef
- ☐ 4 servings fatty pork
- ☐ 4 servings fish and seafood
- ☐ 4 servings pasta and noodles

## Equipment

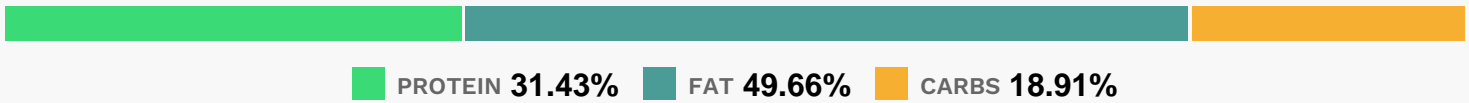
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Salt steak and let sit at room temp:
- ☐ Sprinkle salt on both sides of the steak and set aside at room temperature for 15–30 minutes.
- ☐ Mix broth, Worcestershire sauce, mustard, tomato paste:
- ☐ Whisk together broth, Worcestershire sauce, Dijon mustard and tomato paste; set aside.
- ☐ Sear steaks in butter: Melt the butter in a skillet set over medium–high heat. Pat the steaks dry with a paper towel. Increase the heat to high and sear the meat for 1–4 minutes, depending on how thick the steak is. (You may need to cook the meat in batches.)
- ☐ Turn and sear on the other side. Use the finger test to check the doneness of the meat. When the steaks are done, move to a cutting board and tent with foil.
- ☐ Sauté shallots: While the meat is resting, sauté the shallots in the pan, 2 minutes on medium–high heat, stirring once or twice.

- ☐ Add the cognac to deglaze the pan. Increase the heat and cook until the cognac is almost evaporated.
- ☐ Add broth mixture, then cream: Stir in the broth mixture and bring to a boil. Cook until thickened, about 2–3 minutes.
- ☐ Stir in the cream and cook for two more minutes.
- ☐ Serve steak with sauce: If you want, thinly slice the steak to serve. Otherwise serve individual steaks.
- ☐ Drizzle warm Diane sauce over the steak and garnish with freshly ground black pepper and chives.

## Nutrition Facts



## Properties

Glycemic Index:72.75, Glycemic Load:18.25, Inflammation Score:-7, Nutrition Score:37.31217380192%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 1096.97kcal (54.85%), Fat: 57.54g (88.52%), Saturated Fat: 23.37g (146.08%), Carbohydrates: 49.31g (16.44%), Net Carbohydrates: 46.3g (16.84%), Sugar: 5.42g (6.02%), Cholesterol: 289.25mg (96.42%), Sodium: 719.58mg (31.29%), Alcohol: 5.01g (100%), Alcohol %: 1.18% (100%), Protein: 81.94g (163.88%), Selenium: 118.59µg (169.41%), Vitamin B3: 23.37mg (116.85%), Vitamin B6: 1.92mg (95.95%), Zinc: 12.77mg (85.15%), Phosphorus: 803.37mg (80.34%), Vitamin B12: 3.82µg (63.74%), Potassium: 1389mg (39.69%), Iron: 6.99mg (38.85%), Manganese: 0.69mg (34.48%), Vitamin B2: 0.56mg (32.99%), Magnesium: 117.48mg (29.37%), Vitamin B5: 2.93mg (29.35%), Copper: 0.46mg (22.75%), Vitamin B1: 0.32mg (21.37%), Folate: 58.42µg (14.6%), Vitamin A: 705.06IU (14.1%), Fiber: 3.01g (12.05%), Vitamin E: 1.77mg (11.79%), Calcium: 114.49mg (11.45%), Vitamin K: 8.83µg (8.41%), Vitamin C: 6.11mg (7.41%), Vitamin D: 0.65µg (4.34%)