



Steak Pizzaiola

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 garlic clove finely chopped
- 1 bell pepper yellow cut into 1/4-inch- wide strips
- 1.5 teaspoons salt
- 14 oz frangelico diced canned
- 6 oz mushrooms white trimmed thinly sliced
- 1 medium onion thinly sliced
- 0.8 teaspoon pepper black
- 3 tablespoons water

- 0.3 cup olive oil
- 2 inch beef chuck steaks ()
- 3 tablespoons mirin sweet

Equipment

- frying pan
- plastic wrap
- aluminum foil
- rolling pin
- meat tenderizer

Directions

- Pat steaks dry and cut 3 (1-inch-long) slits 1 inch apart across center cartilage (to keep meat from curling). Put meat between 2 sheets of plastic wrap and pound to 1/4 inch thick with flat side of a meat pounder or with a rolling pin. Discard plastic wrap and sprinkle steaks with 1 teaspoon salt and 1/2 teaspoon pepper (total).
- Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook steaks in 2 batches, turning over once, until meat is just medium-rare, 2 minutes per batch.
- Transfer steaks to a platter as cooked and keep warm, loosely covered with foil. (Do not wipe skillet clean.)
- Add remaining 2 tablespoons oil to skillet and sauté onion and bell pepper over moderately high heat, stirring, until onion is golden, about 4 minutes.
- Add mushrooms and garlic and sauté, stirring, until mushrooms are golden, about 3 minutes.
- Add vermouth and cook until evaporated, about 1 minute.
- Add water and tomatoes with their juice, then reduce heat and simmer, covered, stirring occasionally, until tomatoes and onion are tender, about 5 minutes.
- Remove lid and cook until most of liquid is evaporated, about 5 minutes. Stir in remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Spoon vegetable sauce on top of steaks.

Nutrition Facts



■ PROTEIN 5.72% ■ FAT 76.62% ■ CARBS 17.66%

Properties

Glycemic Index:30.25, Glycemic Load:1.13, Inflammation Score:-6, Nutrition Score:8.4769564763359%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 163.76kcal (8.19%), Fat: 13.96g (21.47%), Saturated Fat: 2g (12.48%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 5.94g (2.16%), Sugar: 2.03g (2.26%), Cholesterol: 0.86mg (0.29%), Sodium: 878.03mg (38.18%), Alcohol: 1.07g (100%), Alcohol %: 0.56% (100%), Protein: 2.34g (4.69%), Vitamin C: 58.22mg (70.57%), Vitamin E: 1.96mg (13.07%), Vitamin B2: 0.19mg (11.22%), Copper: 0.19mg (9.64%), Vitamin B3: 1.91mg (9.54%), Manganese: 0.18mg (8.9%), Vitamin K: 8.91µg (8.48%), Vitamin B6: 0.16mg (8.07%), Vitamin B5: 0.75mg (7.47%), Potassium: 257.11mg (7.35%), Selenium: 4.77µg (6.82%), Phosphorus: 58.06mg (5.81%), Fiber: 1.3g (5.21%), Folate: 20.36µg (5.09%), Vitamin B1: 0.06mg (4.09%), Iron: 0.59mg (3.29%), Zinc: 0.45mg (2.97%), Magnesium: 11.74mg (2.93%), Calcium: 17.8mg (1.78%), Vitamin A: 62.49IU (1.25%)