

Steak Pizzaiola

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 1 pound beef tenderloin steaks cut into 4 medallions
- ☐ 2 teaspoons butter
- ☐ 1 cup mushrooms fresh sliced
- ☐ 4 cloves garlic crushed
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon oregano dried

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 cup pasilla peppers sweet hot sliced
- ☐ 1 pinch pepper flakes red
- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup tomato concasse for recipe link (see footnote)
- ☐ 0.5 cup white wine

Equipment

- ☐ frying pan

Directions

- ☐ Season steak medallions with salt and black pepper on both sides.
- ☐ Heat olive oil in a large skillet over high heat.
- ☐ Add steaks and cook until browned, about 2 minutes per side.
- ☐ Transfer to a plate. Reserve oil in skillet.
- ☐ Place mushrooms and butter into the skillet and season with salt; cook and stir until mushrooms are softened and beginning to brown, 5 to 6 minutes. Reduce heat to medium; add peppers and cook and stir until softened, about 2 minutes. Stir in garlic and cook for 1 minute.
- ☐ Pour in wine and sprinkle in dried oregano. Increase heat to medium-high and cook until the wine is nearly evaporated, about 3 minutes.
- ☐ Stir tomato concasse into the mushroom mixture and simmer until tomato is softened, 3 to 4 minutes.
- ☐ Add fresh oregano, balsamic vinegar, and red pepper flakes; stir to combine. Adjust salt and black pepper to taste.
- ☐ Place steaks back into the skillet with the mushroom mixture and cook until warmed through and cooked to desired doneness, 4 to 10 minutes.

Nutrition Facts



 PROTEIN **41.81%**  FAT **43.83%**  CARBS **14.36%**

Properties

Glycemic Index:75.5, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:22.319565246934%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 280.94kcal (14.05%), Fat: 12.7g (19.55%), Saturated Fat: 4.34g (27.09%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 6.92g (2.52%), Sugar: 4.06g (4.51%), Cholesterol: 77.95mg (25.98%), Sodium: 291.8mg (12.69%), Alcohol: 3.09g (100%), Alcohol %: 1.53% (100%), Protein: 27.27g (54.54%), Vitamin C: 60.49mg (73.32%), Selenium: 37.61µg (53.73%), Vitamin B6: 1.03mg (51.51%), Vitamin B3: 9mg (45%), Zinc: 4.93mg (32.89%), Phosphorus: 297.53mg (29.75%), Vitamin K: 28.39µg (27.04%), Potassium: 756.08mg (21.6%), Iron: 3.56mg (19.76%), Manganese: 0.36mg (17.92%), Vitamin B12: 1.07µg (17.81%), Vitamin B2: 0.29mg (17.2%), Vitamin A: 782.24IU (15.64%), Copper: 0.26mg (13.04%), Magnesium: 52.09mg (13.02%), Vitamin B5: 1.26mg (12.62%), Vitamin E: 1.87mg (12.45%), Vitamin B1: 0.16mg (10.43%), Folate: 39.73µg (9.93%), Fiber: 2.44g (9.77%), Calcium: 85.99mg (8.6%)