



Steak & sticky red wine shallots

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



1057 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 shallots whole peeled quartered
- ☐ 2 sirloin steak
- ☐ 2 servings peppercorns black crushed
- ☐ 25 g butter
- ☐ 4 tbsp balsamic vinegar
- ☐ 1 large glass red wine
- ☐ 150 ml beef stock

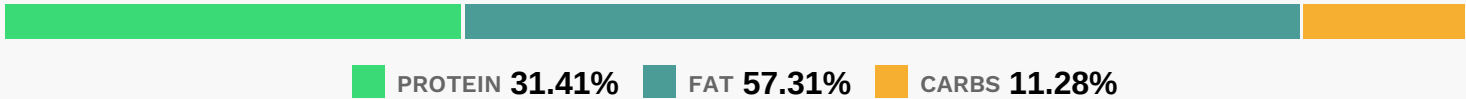
Equipment

☐ frying pan

Directions

- ☐ Simmer the shallots in a pan of water for 2–3 mins, then drain and set aside. Season the steaks with a little salt and plenty of crushed peppercorns.
- ☐ Heat half the butter in a pan until sizzling, then cook the steaks for 3 mins on each side for medium or until done to your liking.
- ☐ Remove the steaks and keep warm. While they rest, add the remaining butter to the pan, throw in the shallots, then sizzle in the sticky pan until starting to brown.
- ☐ Add the balsamic vinegar and bubble for a few mins.
- ☐ Add the wine and boil down until sticky, then add the beef stock and simmer until everything comes together. Spoon the shallots over the steaks and serve with green beans and chips.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:7.39, Inflammation Score:-8, Nutrition Score:35.578260940054%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 2.34mg, Petunidin: 2.34mg, Petunidin: 2.34mg, Petunidin: 2.34mg Delphinidin: 2.37mg, Delphinidin: 2.37mg, Delphinidin: 2.37mg, Delphinidin: 2.37mg Malvidin: 16.33mg, Malvidin: 16.33mg, Malvidin: 16.33mg, Malvidin: 16.33mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 8.43mg, Catechin: 8.43mg, Catechin: 8.43mg, Catechin: 8.43mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 1057.29kcal (52.86%), Fat: 60.73g (93.43%), Saturated Fat: 26.92g (168.23%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 23.44g (8.52%), Sugar: 13.81g (15.34%), Cholesterol: 217.27mg (72.43%), Sodium: 438.9mg (19.08%), Alcohol: 12.51g (100%), Alcohol %: 2.33% (100%), Protein: 74.9g (149.79%), Vitamin B12: 9.47µg (157.89%), Vitamin B6: 1.75mg (87.47%), Selenium: 58.62µg (83.75%), Zinc: 11.9mg (79.3%), Phosphorus: 712.99mg (71.3%), Vitamin B3: 13.49mg (67.43%), Iron: 9.11mg (50.62%), Potassium: 1727.34mg (49.35%), Vitamin B2: 0.74mg (43.76%), Manganese: 0.66mg (33.07%), Vitamin B1: 0.43mg (28.85%), Magnesium: 114.29mg (28.57%), Copper: 0.43mg (21.46%), Folate: 57.65µg (14.41%), Vitamin B5: 1.41mg (14.07%), Fiber: 3.45g (13.81%), Vitamin C: 8mg (9.7%), Calcium: 89mg (8.9%), Vitamin A: 324.2IU (6.48%), Vitamin K: 3.86µg (3.68%), Vitamin E: 0.35mg (2.32%)