



## Steak with Creamy Peppercorn Sauce

 Gluten Free

READY IN



22 min.

SERVINGS



22

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup beef broth
- 1 lb beef strip steak boneless trimmed well
- 0.5 tsp brown sugar
- 0.5 cup philadelphia cream cheese spread ()
- 1 tsp cornstarch
- 2 Tbsp peppercorns green
- 2 tsp olive oil

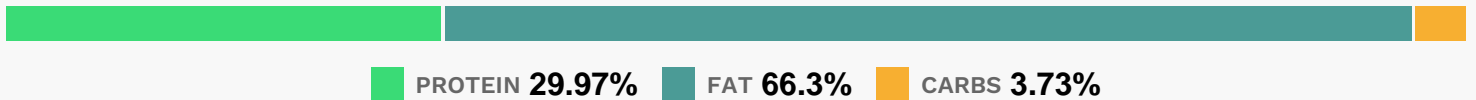
## Equipment

- sauce pan
- whisk
- grill

## Directions

- Heat grill to medium-high heat.
- Brush both sides of steak with oil. Grill 4 to 6 min. on each side or until medium doneness (160F).
- Remove from grill; cover.
- Let stand 5 min.
- Meanwhile, mix cornstarch and sugar with whisk in medium saucepan. Gradually stir in broth; cook on medium heat 2 min. or until thickened, stirring constantly.
- Add cream cheese spread and peppercorns; cook and stir 2 to 3 min. or until cream cheese is melted and sauce is well blended.
- Slice steak.
- Serve topped with sauce.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.976086963454%

## Nutrients (% of daily need)

Calories: 60.74kcal (3.04%), Fat: 4.45g (6.85%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.23g (0.26%), Cholesterol: 15.78mg (5.26%), Sodium: 82.7mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Selenium: 5.07µg (7.25%), Zinc: 1.06mg (7.05%), Vitamin B12: 0.35µg (5.77%), Vitamin B3: 1.05mg (5.26%), Vitamin B6: 0.08mg (4.14%), Phosphorus: 30.41mg (3.04%), Vitamin B2: 0.05mg (2.97%), Iron: 0.37mg (2.04%), Potassium: 58.3mg (1.67%), Vitamin B1: 0.02mg (1.22%), Magnesium: 4.45mg (1.11%), Vitamin A: 52.1IU (1.04%)