



 **20%**  
HEALTH SCORE

## Steak with lemon and capers

READY IN



45 min.

SERVINGS



2

CALORIES



949 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 400 g fat-trimmed beef flank steak (minute steak from leg)
- 2 tablespoons butter
- 2 Tbs capers
- 0.8 cup wine dry white
- 1 cup flour
- 2 large cloves garlic pressed
- 0.3 tsp pepper black
- 1 teaspoon juice of lemon
- 2 servings lemon wedges

- 2 Tbs olive oil
- 2 teaspoons parsley finely chopped
- 0.8 tsp salt

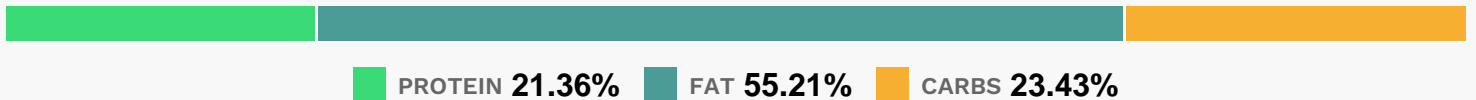
## Equipment

- frying pan
- meat tenderizer

## Directions

- Flatten the steaks lightly with a meat mallet.
- Combine flour, salt and pepper, dip steaks into the mixture, coating both sides. Saut the steaks in a hot mixture of butter and olive oil over medium heat, about 4 minutes on each side.
- Remove from the pan and set aside. Saut the garlic in the same fat for about 1 minute, stirring.
- Add the wine and lemon juice, stir and simmer for 5 minutes to slightly reduce the liquid.
- Add capers, stir. Return the steaks to the pan, cover and simmer over low heat for 4 minutes.

## Nutrition Facts



## Properties

Glycemic Index:129.75, Glycemic Load:35.19, Inflammation Score:-8, Nutrition Score:29.96347826087%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 11.31mg, Kaempferol: 11.31mg, Kaempferol: 11.31mg, Kaempferol: 11.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg

## Taste

Sweetness: 28.6%, Saltiness: 100%, Sourness: 55.04%, Bitterness: 30.97%, Savoriness: 61.36%, Fattiness: 73.87%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 949.39kcal (47.47%), Fat: 54.35g (83.62%), Saturated Fat: 21.83g (136.45%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 49.76g (18.09%), Sugar: 1.2g (1.33%), Cholesterol: 152.1mg (50.7%), Sodium: 1310.9mg (57%), Alcohol: 9.27g (51.5%), Protein: 47.32g (94.64%), Selenium: 70.77µg (101.1%), Zinc: 10.89mg (72.59%), Vitamin B3: 13.67mg (68.35%), Vitamin B12: 3.34µg (55.73%), Vitamin B2: 0.82mg (48.32%), Vitamin B6: 0.91mg (45.64%), Vitamin B1: 0.68mg (45.38%), Iron: 6.9mg (38.36%), Phosphorus: 381.32mg (38.13%), Manganese: 0.62mg (31.17%), Folate: 124.57µg (31.14%), Potassium: 693.76mg (19.82%), Magnesium: 69.35mg (17.34%), Vitamin E: 2.47mg (16.43%), Vitamin K: 17.17µg (16.35%), Copper: 0.3mg (14.78%), Fiber: 2.13g (8.51%), Vitamin A: 402.16IU (8.04%), Calcium: 46.04mg (4.6%), Vitamin B5: 0.36mg (3.59%), Vitamin C: 2.94mg (3.56%), Vitamin D: 0.2µg (1.33%)