



Steak with Lemongrass Peppercorn Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mirin dry
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 1 lemon grass fresh trimmed
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 pounds pork loin chops boneless 1-inch-thick () (New York strip or shell)
- ☐ 4 servings peppercorns black

Equipment

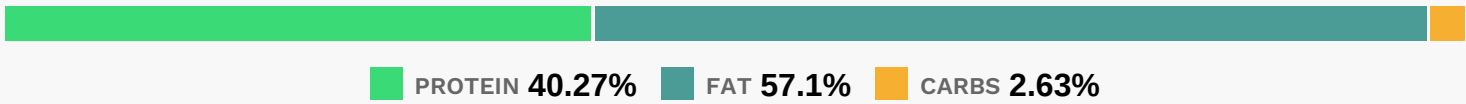
- ☐ frying pan

☐ cutting board

Directions

- ☐ Finely chop 1/3 cup lemongrass.
- ☐ Heat a dry 12-inch heavy skillet (not nonstick) over medium heat 5 minutes. Pat steak dry and season with 1 teaspoon salt. Cook, undisturbed, 7 minutes. Turn, then cook 7 to 8 minutes for medium-rare.
- ☐ Transfer to a cutting board.
- ☐ Discard fat from skillet and deglaze with vermouth by boiling, scraping up bits, 1 minute.
- ☐ Add lemongrass, remaining ingredients, and 1/4 teaspoon salt and boil until thickened slightly, 3 to 5 minutes.
- ☐ Serve over steak.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:27.588695562404%

Nutrients (% of daily need)

Calories: 527.73kcal (26.39%), Fat: 32.06g (49.33%), Saturated Fat: 15.89g (99.3%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.35g (1.5%), Cholesterol: 202.38mg (67.46%), Sodium: 130.04mg (5.65%), Alcohol: 1.9g (100%), Alcohol %: 0.75% (100%), Protein: 50.87g (101.75%), Selenium: 76.47µg (109.24%), Vitamin B1: 1.52mg (101.57%), Vitamin B3: 18.57mg (92.87%), Vitamin B6: 1.67mg (83.45%), Phosphorus: 550.13mg (55.01%), Vitamin B2: 0.52mg (30.34%), Potassium: 936.04mg (26.74%), Zinc: 3.69mg (24.61%), Vitamin B12: 1.3µg (21.72%), Vitamin B5: 1.78mg (17.77%), Magnesium: 64.85mg (16.21%), Vitamin A: 670.6IU (13.41%), Vitamin D: 1.62µg (10.81%), Manganese: 0.21mg (10.46%), Copper: 0.16mg (8.18%), Iron: 1.44mg (8%), Calcium: 51.75mg (5.18%), Vitamin E: 0.72mg (4.77%), Vitamin K: 3.07µg (2.92%), Fiber: 0.25g (1.01%)