



Steak with Marsala Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons beef base
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 pinch ground pepper black
- ☐ 0.3 cup plum brandy dry
- ☐ 1 cup mushrooms sliced
- ☐ 0.5 cup onion sliced
- ☐ 1 pound rump steak boneless
- ☐ 0.3 cup water

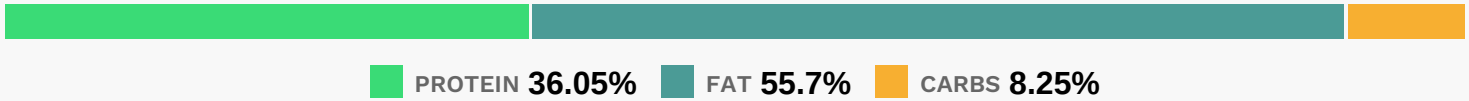
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat the oven's broiler, and set the oven rack about 3 inches from the heat source.
- ☐ Trim fat from steak.
- ☐ Place steak on cold broiler pan; broil for 5 minutes. Turn, and broil until desired degree of doneness – 3 to 7 additional minutes for rare, 8 to 10 additional minutes for medium.
- ☐ Make the sauce while the steak is cooking. Coat a small saucepan with cooking spray, and add mushrooms and onion; cook and stir until tender. Stir in Marsala wine, water, parsley, beef base, and pepper. Simmer, uncovered, until liquid is reduced to 3/4 cup, about 4 minutes.
- ☐ Slice steak, and serve with Marsala sauce.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:13.795652335753%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 299.08kcal (14.95%), Fat: 16.95g (26.08%), Saturated Fat: 6.85g (42.83%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 5g (1.82%), Sugar: 3.01g (3.34%), Cholesterol: 63.53mg (21.18%), Sodium: 246.9mg (10.73%), Alcohol: 3.06g (100%), Alcohol %: 1.99% (100%), Protein: 24.69g (49.38%), Vitamin B12: 3.17µg (52.83%), Vitamin K: 32.92µg (31.35%), Selenium: 21.35µg (30.5%), Zinc: 3.92mg (26.11%), Vitamin B3: 5.1mg (25.5%), Vitamin B6: 0.48mg (24.16%), Phosphorus: 228.44mg (22.84%), Vitamin B2: 0.31mg (18.44%), Iron: 2.63mg (14.62%), Potassium: 488.75mg (13.96%), Vitamin B1: 0.15mg (9.93%), Copper: 0.19mg (9.42%), Magnesium: 30.21mg (7.55%), Vitamin B5: 0.75mg (7.52%), Vitamin C: 4.64mg (5.63%), Folate: 17.97µg (4.49%), Manganese: 0.08mg (4.25%), Vitamin A: 169.02IU (3.38%), Fiber: 0.65g (2.61%), Calcium: 17.49mg (1.75%)