



HEALTH SCORE

69%

Steak with Red Wine Mushroom Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound brussels sprouts halved
- ☐ 4 ounces mushrooms
- ☐ 0.3 cup wine
- ☐ 0.5 pound carrots french
- ☐ 3 tablespoons cornstarch
- ☐ 8 ounces crimini mushrooms
- ☐ 2 tablespoons garlic chopped
- ☐ 2 tablespoons seasoning italian

- ☐ 24 ounces beef broth low-sodium
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 pound pearl onions peeled halved
- ☐ 4 ounces portabello mushrooms
- ☐ 6 fat-trimmed beef flank steak
- ☐ 0.3 pound summer squash halved
- ☐ 2 ounces tomato paste
- ☐ 1 medium onion diced white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Season steaks with salt and black pepper. On a grill pan coated with cooking spray, cook steaks over medium-high heat, turning once, until pink inside, 3 to 4 minutes per side.
- ☐ Remove from heat and cover with foil. In a bowl, toss carrots, squash, pearl onions and sprouts in 1/2 tablespoon oil. Over medium heat, in batches and turning once, cook until soft and seared, 6 minutes. In large pan over medium heat, heat remaining 1 1/2 tablespoons oil. Slice mushrooms; to pan, add mushrooms, white onion and garlic; cook until onion browns, 5 to 7 minutes.
- ☐ Add wine and simmer 3 to 5 minutes.
- ☐ Add broth and bring to a boil. In a bowl, dissolve cornstarch in 1 tablespoon cold water. Reduce heat and slowly add cornstarch mixture to broth mixture, stirring constantly, until sauce is thick enough to coat the back of a spoon.
- ☐ Add tomato paste, Italian seasoning and salt and black pepper; simmer 7 to 10 minutes. Slice steak, top with mushroom sauce; serve alongside vegetables.
- ☐ Self

Nutrition Facts



 **PROTEIN 33.24%**  **FAT 53.76%**  **CARBS 13%**

Properties

Glycemic Index:46.14, Glycemic Load:3.45, Inflammation Score:-10, Nutrition Score:39.755217583283%

Flavonoids

Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 619.04kcal (30.95%), Fat: 37.14g (57.14%), Saturated Fat: 14.97g (93.57%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 15.75g (5.73%), Sugar: 6.94g (7.72%), Cholesterol: 137.86mg (45.95%), Sodium: 438.98mg (19.09%), Alcohol: 1.4g (100%), Alcohol %: 0.31% (100%), Protein: 51.67g (103.34%), Vitamin A: 6702.41IU (134.05%), Selenium: 71.88µg (102.68%), Zinc: 12.63mg (84.23%), Vitamin B3: 15.07mg (75.34%), Vitamin B12: 3.81µg (63.44%), Vitamin B6: 1.24mg (62.06%), Vitamin B2: 0.93mg (54.58%), Vitamin K: 56.84µg (54.13%), Phosphorus: 466.62mg (46.66%), Potassium: 1556.75mg (44.48%), Vitamin C: 27.6mg (33.45%), Iron: 5.7mg (31.66%), Copper: 0.59mg (29.44%), Vitamin B1: 0.35mg (23.51%), Manganese: 0.43mg (21.64%), Magnesium: 77.64mg (19.41%), Fiber: 4.47g (17.87%), Folate: 61.16µg (15.29%), Vitamin B5: 1.35mg (13.47%), Vitamin E: 1.84mg (12.27%), Calcium: 90.54mg (9.05%), Vitamin D: 0.36µg (2.39%)