



## Strip Steak with Onion Wine Sauce

 Gluten Free  Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 beef strip steaks (1 lb. total)
- 1 Tbsp butter
- 1 Tbsp cooking wine dry red
- 1 clove garlic minced
- 0.3 cup a.1. original sauce
- 2 cups onion wedges yellow

### Equipment

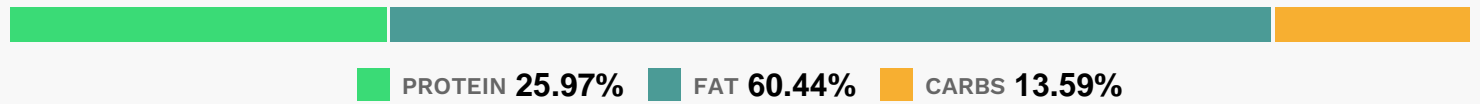
- frying pan

grill

## Directions

- Preheat grill to medium-hot heat. Cook onions and garlic in butter in large skillet on medium-high heat 10 minutes or until onions are tender.
- Add steak sauce and wine; mix well. Bring to boil.
- Place steaks on grill. Grill 6 to 8 minutes on each side for medium rare (145F) to medium doneness (160F).
- Serve topped with steak sauce mixture.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:1.72, Inflammation Score:-5, Nutrition Score:11.634347646133%

## Flavonoids

Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.98mg, Malvidin: 0.98mg, Malvidin: 0.98mg, Malvidin: 0.98mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg

## Nutrients (% of daily need)

Calories: 360.8kcal (18.04%), Fat: 23.78g (36.58%), Saturated Fat: 9.04g (56.49%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 10.66g (3.88%), Sugar: 6.82g (7.57%), Cholesterol: 97.18mg (32.39%), Sodium: 270.27mg (11.75%), Alcohol: 0.39g (100%), Alcohol %: 0.23% (100%), Protein: 22.98g (45.97%), Selenium: 26.04µg (37.21%), Vitamin B6: 0.71mg (35.51%), Vitamin B3: 5.95mg (29.74%), Zinc: 3.9mg (25.98%), Phosphorus: 230.81mg (23.08%), Vitamin B12: 1.04µg (17.39%), Potassium: 460.28mg (13.15%), Iron: 1.79mg (9.92%), Vitamin B2: 0.14mg (8.37%), Vitamin B1: 0.12mg (7.77%), Magnesium: 30.89mg (7.72%), Vitamin C: 6.16mg (7.47%), Vitamin B5: 0.73mg (7.26%), Folate: 26.56µg (6.64%), Manganese: 0.13mg (6.3%), Copper: 0.11mg (5.51%), Fiber: 1.38g (5.5%), Calcium: 45.67mg (4.57%), Vitamin E: 0.59mg (3.92%), Vitamin A: 126.86IU (2.54%), Vitamin K: 2.14µg (2.04%)