



Strip Steak with Rosemary Red Wine Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup condensed beef broth canned
- ☐ 0.5 teaspoon dark-brown sugar
- ☐ 1.5 cups cooking wine dry red
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 1 tablespoon cracked pepper black

- ☐ 0.5 teaspoon salt
- ☐ 4 strip steaks boneless (3 pounds total,)

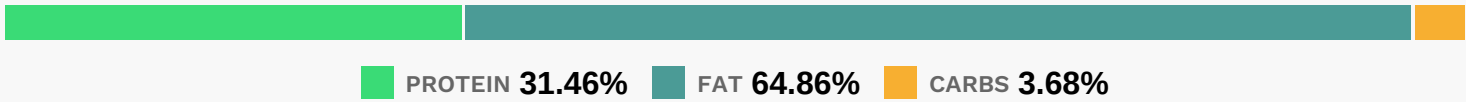
Equipment

- ☐ frying pan

Directions

- ☐ Season steaks with salt. Press pepper on surfaces.
- ☐ Heat oil in large heavy skillet over high heat.
- ☐ Add steaks. Lower heat to medium; cook, turning once, 4 minutes per side for rare, 6 minutes per side for medium-rare, and 8 minutes per side for well-done.
- ☐ Remove to warm platter; keep warm.
- ☐ Add onion to skillet; cook until browned, stirring, 2 minutes.
- ☐ Add half the rosemary, half the garlic and cook, stirring, 20 seconds.
- ☐ Add wine. Increase heat to high; boil vigorously 2 minutes.
- ☐ Add broth, sugar and meat juices that have collected on platter. Boil 10 minutes more or until liquid is reduced by half, about 1 cup.
- ☐ Add remaining rosemary and garlic.
- ☐ Pour over steaks and serve.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:22.74739145196%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 655.01kcal (32.75%), Fat: 42.71g (65.71%), Saturated Fat: 15.79g (98.66%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.73g (1.72%), Sugar: 0.93g (1.04%), Cholesterol: 137.86mg (45.95%), Sodium: 632.97mg (27.52%), Alcohol: 9.45g (100%), Alcohol %: 2.98% (100%), Protein: 46.61g (93.23%), Selenium: 55.91µg (79.87%), Zinc: 11.66mg (77.71%), Vitamin B12: 3.79µg (63.23%), Vitamin B3: 11.58mg (57.91%), Vitamin B6: 0.95mg (47.31%), Phosphorus: 341.48mg (34.15%), Vitamin B2: 0.56mg (33.02%), Iron: 4.31mg (23.96%), Potassium: 686.14mg (19.6%), Vitamin B1: 0.21mg (13.98%), Magnesium: 53.56mg (13.39%), Manganese: 0.25mg (12.3%), Vitamin K: 12.23µg (11.65%), Copper: 0.21mg (10.4%), Vitamin E: 1.53mg (10.21%), Calcium: 34.95mg (3.49%), Fiber: 0.72g (2.89%), Folate: 11.27µg (2.82%), Vitamin C: 1.43mg (1.73%), Vitamin D: 0.23µg (1.51%), Vitamin A: 71.68IU (1.43%)