



Sumac Skirt Steak with Pomegranate Reduction

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 16 fl. oz. bottled pomegranate juice
- ☐ 0.3 cup tawny port
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons shallots finely chopped (1 medium)
- ☐ 2 lb skirt steak

- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon sumac powder
- ☐ 3 tablespoons butter unsalted

Equipment

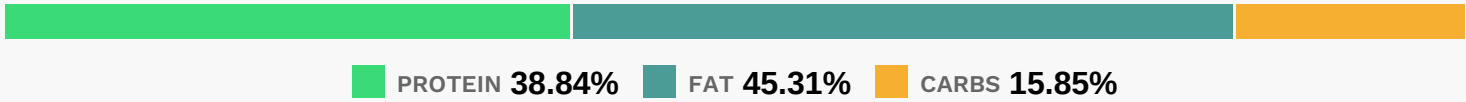
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Bring pomegranate juice, sugar, and 1/4 teaspoon salt to a boil in a 1 1/2- to 2-quart saucepan over moderately high heat, then boil until reduced to about 1/3 cup, 20 to 30 minutes.
- ☐ Preheat broiler.
- ☐ Meanwhile, stir together sumac, pepper, and remaining 3/4 teaspoon salt.
- ☐ Cut steak into pieces to fit in a large shallow baking pan and pat dry.
- ☐ Transfer steak to baking pan and sprinkle evenly with sumac mixture, then let stand about 10 minutes.
- ☐ Broil steaks 3 to 4 inches from heat, turning over once, 2 to 3 minutes total for thinner pieces, 3 to 4 minutes for thicker pieces for medium-rare.
- ☐ Transfer steaks with any pan juices to a large plate and let stand, loosely covered with foil, 10 minutes.
- ☐ While steak stands, heat 1 tablespoon butter in a 10-inch heavy skillet over moderately high heat until foam subsides, then cook shallot, stirring occasionally, until golden, 3 to 5 minutes.
- ☐ Add Port and simmer until reduced to a glaze, 2 to 3 minutes.
- ☐ Add meat juices accumulated on plate and bring to a simmer.
- ☐ Whisk in pomegranate reduction and lemon juice.

- ☐
- Remove from heat and whisk in remaining 2 tablespoons butter until incorporated.
- ☐
- Holding knife at a 45-degree angle, thinly slice steak diagonally and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:18.157391351202%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 347.29kcal (17.36%), Fat: 17.13g (26.35%), Saturated Fat: 7.84g (49.02%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 13.15g (4.78%), Sugar: 11.8g (13.11%), Cholesterol: 110.3mg (36.77%), Sodium: 496.82mg (21.6%), Alcohol: 1.53g (100%), Alcohol %: 0.76% (100%), Protein: 33.03g (66.07%), Zinc: 9.85mg (65.65%), Vitamin B12: 3.23µg (53.87%), Selenium: 33.7µg (48.15%), Vitamin B3: 8.8mg (44.01%), Vitamin B6: 0.71mg (35.4%), Vitamin B2: 0.5mg (29.51%), Phosphorus: 247.69mg (24.77%), Potassium: 643.2mg (18.38%), Iron: 2.86mg (15.9%), Manganese: 0.27mg (13.54%), Vitamin B5: 1.13mg (11.33%), Vitamin K: 11.54µg (10.99%), Magnesium: 41.5mg (10.38%), Copper: 0.16mg (7.85%), Vitamin B1: 0.11mg (7.22%), Folate: 25.59µg (6.4%), Vitamin E: 0.62mg (4.13%), Vitamin A: 189.1IU (3.78%), Calcium: 23.85mg (2.38%), Vitamin D: 0.26µg (1.71%), Fiber: 0.33g (1.3%)