



Tri-Tip Steak Frites with Red Wine Sauce



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



960 kcal

SIDE DISH

Ingredients

- ☐ 4 servings dijon mustard
- ☐ 0.3 cup wine dry red
- ☐ 28 ounces fries frozen french
- ☐ 2 teaspoons peppercorns black
- ☐ 3 tablespoons tarragon finely chopped
- ☐ 1.5 pounds tri-tip beef roast thick cut into 4 steaks (also called triangular roast; 2 inches)
- ☐ 2 tablespoons butter unsalted cut into tablespoons
- ☐ 3 tablespoons vegetable oil divided

☐ 0.5 cup water

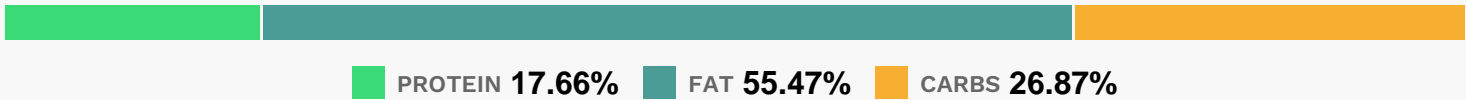
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 475°F with racks in upper and lower thirds, with a 4-sided sheet pan in lower third.
- ☐ Toss fries with 2 tablespoons oil in hot sheet pan, then bake according to package instructions until golden and crisp.
- ☐ Meanwhile, pat steaks dry, then rub with peppercorns and 1/2 teaspoon salt.
- ☐ Heat remaining tablespoon oil in an ovenproof 12-inch heavy skillet over medium-high heat until it shimmers. Sear steaks on all sides, about 3 minutes total.
- ☐ Transfer skillet to upper third of oven and roast 9 to 10 minutes for medium-rare.
- ☐ Transfer steaks to a plate and let rest 5 minutes.
- ☐ Add wine to skillet and boil, scraping up brown bits, until reduced by half, about 1 minute.
- ☐ Add water and meat juices from plate and boil briskly until reduced by half, 3 to 4 minutes.
- ☐ Whisk in butter until incorporated. Season with salt and pepper.
- ☐ Sprinkle fries with tarragon.
- ☐ Serve steaks with sauce and fries.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:34.61, Inflammation Score:-7, Nutrition Score:30.891739189625%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 959.88kcal (47.99%), Fat: 59.23g (91.12%), Saturated Fat: 19.11g (119.44%), Carbohydrates: 64.53g (21.51%), Net Carbohydrates: 54.44g (19.8%), Sugar: 0.09g (0.1%), Cholesterol: 125.61mg (41.87%), Sodium: 1123.48mg (48.85%), Alcohol: 1.58g (100%), Alcohol %: 0.45% (100%), Protein: 42.43g (84.86%), Vitamin B6: 1.46mg (73.17%), Vitamin B3: 14.36mg (71.78%), Selenium: 44.09µg (62.99%), Manganese: 1.19mg (59.37%), Phosphorus: 509.78mg (50.98%), Zinc: 6.95mg (46.32%), Potassium: 1596.3mg (45.61%), Fiber: 10.09g (40.36%), Iron: 7.18mg (39.89%), Vitamin B12: 1.68µg (27.98%), Magnesium: 96.26mg (24.06%), Vitamin K: 24.97µg (23.78%), Vitamin B5: 2.12mg (21.2%), Vitamin B1: 0.3mg (19.87%), Vitamin B2: 0.33mg (19.53%), Folate: 77.69µg (19.42%), Vitamin C: 15.15mg (18.36%), Calcium: 133.94mg (13.39%), Copper: 0.26mg (13.1%), Vitamin E: 1.56mg (10.43%), Vitamin A: 411.01IU (8.22%)