

Italian-style Steak

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-steak-recipe>

Ingredients:

- 200 grams fillet steaks
- sea salt
- 2 tablespoons extra virgin olive oil
- 4 cloves garlic peeled and chopped
- 1/4 teaspoon chilli flakes mild
- 3 fresh oregano sprigs, chopped
- 1 cup white wine
- 1 cup tomato puree
- 1/2 bunch flat leaf parsley chopped
- freshly ground black pepper

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 35 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 470 milligrams
9. Sugar: 4 grams

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