



## Beer Marinated T-Bone Steak, Sautéed Onions and Mushrooms, Topped with a Fried Egg

READY IN



140 min.

SERVINGS



2

CALORIES



934 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons muscadavo brown sugar
- 1 tablespoon butter
- 1 bottle beer dark
- 2 large eggs
- 2 cloves garlic minced
- 1 cup mushrooms quartered
- 2 teaspoons olive oil plus more for brushing
- 1 small onion sliced

- 2 servings salt and pepper black freshly ground
- 20 ounce t-bone steaks

## Equipment

- bowl
- frying pan
- paper towels
- grill
- ziploc bags

## Directions

- In a small bowl mix the brown sugar, garlic and beer.
- Place the steaks in a resealable plastic bag and add the marinade.
- Place it in the refrigerator for 2 to 4 hours.
- Preheat the grill to medium heat.
- Once the steak is marinated take it out of the refrigerator and set aside so the meat can rise to room temperature, about 5 to 10 minutes.
- Remove steaks from plastic bag and dry steaks off with paper towels.
- Brush with oil season with salt and freshly ground black pepper and place on grill. Cook for 5 minutes on each side for medium rare. Once cooked let it rest for 10 minutes.
- Place on serving plates.
- In a medium skillet, add butter, onions and mushrooms.
- Saute until golden brown, about 5 minutes.
- Place into bowl and set aside. In the same skillet add 2 tablespoons of oil. Crack the eggs over the skillet and fry. Once ready place mushrooms, onions and eggs on top of the steaks and serve.

## Nutrition Facts



## Properties

Glycemic Index:105.75, Glycemic Load:3.81, Inflammation Score:-7, Nutrition Score:33.322173854579%

## Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

## Nutrients (% of daily need)

Calories: 934.39kcal (46.72%), Fat: 56.66g (87.17%), Saturated Fat: 22.8g (142.47%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 22.9g (8.33%), Sugar: 14.29g (15.88%), Cholesterol: 359.81mg (119.94%), Sodium: 283.67mg (12.33%), Alcohol: 6.63g (100%), Alcohol %: 1.37% (100%), Protein: 67.97g (135.93%), Vitamin B12: 8.39µg (139.85%), Selenium: 68.43µg (97.76%), Zinc: 10.32mg (68.77%), Vitamin B6: 1.38mg (68.75%), Phosphorus: 674.42mg (67.44%), Vitamin B3: 13.01mg (65.06%), Vitamin B2: 0.99mg (58.21%), Iron: 7.09mg (39.39%), Potassium: 1225.68mg (35.02%), Vitamin B5: 2.52mg (25.19%), Vitamin B1: 0.37mg (24.9%), Copper: 0.45mg (22.53%), Magnesium: 82.86mg (20.72%), Folate: 65.96µg (16.49%), Manganese: 0.2mg (10.14%), Vitamin A: 446.45IU (8.93%), Vitamin E: 1.28mg (8.52%), Calcium: 78.85mg (7.89%), Vitamin D: 1.1µg (7.31%), Vitamin C: 4.53mg (5.5%), Fiber: 1.16g (4.65%), Vitamin K: 3.4µg (3.24%)