



Bloody Mary Steaks with Green Olive Butter

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons celery seed
- 2 teaspoons garlic chopped
- 16 olives green pitted
- 2 tablespoons olive oil
- 1 tablespoon orange juice concentrate
- 4 teaspoons cracked pepper black
- 24 ounce beef sirloin steaks boneless room temperature
- 3 tablespoons butter unsalted cold

- 2 fluid ounces vodka
- 1.5 cups extra spicy bloody mary mix
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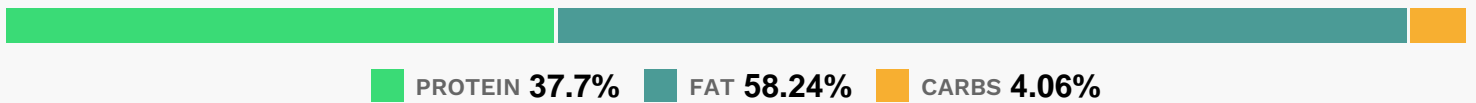
Equipment

- food processor
- grill

Directions

- Preheat a grill to medium heat.
- Brush steaks on both sides with olive oil, then sprinkle with a mix of cracked pepper and celery seed. Cook steaks to desired doneness on the preheated grill. When done, allow steaks to rest on a plate while continuing with the recipe.
- Bring the Bloody Mary mix, orange juice concentrate, and vodka to a boil over high heat; then reduce heat to medium, and simmer for 5 minutes. While sauce is cooking, puree the olives, butter, and garlic in a small food processor until almost smooth.
- To serve, pour a pool of the sauce in the center of each plate. Slice each steak into 4 or 5 slices, and fan out over the sauce.
- Add a dollop of olive butter, and spoon a little more sauce overtop.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:20.636956598448%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 7.72mg, Luteolin: 7.72mg, Luteolin: 7.72mg, Luteolin: 7.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 440.8kcal (22.04%), Fat: 26.16g (40.24%), Saturated Fat: 9.64g (60.28%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 2.89g (1.05%), Sugar: 1.23g (1.36%), Cholesterol: 126.33mg (42.11%), Sodium: 350.51mg (15.24%), Alcohol: 4.94g (100%), Alcohol %: 2.76% (100%), Protein: 38.1g (76.19%), Vitamin B3: 12.77mg (63.84%), Selenium: 44.07µg (62.96%), Vitamin B6: 1.07mg (53.52%), Zinc: 7.17mg (47.83%), Phosphorus: 365.78mg (36.58%), Vitamin B12: 2.04µg (34.03%), Iron: 3.57mg (19.86%), Manganese: 0.38mg (19.09%), Potassium: 661.04mg (18.89%), Vitamin E: 2.48mg (16.52%), Magnesium: 50.58mg (12.65%), Vitamin B2: 0.2mg (11.9%), Vitamin B5: 1.18mg (11.82%), Vitamin K: 10.7µg (10.19%), Copper: 0.19mg (9.67%), Calcium: 89.19mg (8.92%), Vitamin B1: 0.13mg (8.47%), Vitamin C: 6mg (7.27%), Vitamin A: 350.88IU (7.02%), Folate: 26.24µg (6.56%), Fiber: 1.22g (4.88%), Vitamin D: 0.33µg (2.18%)