



Bourbon and Brown Sugar Flank Steak with Garlic-Chive Mashed Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup bourbon
- 2.5 tablespoons butter
- 0.5 teaspoon cornstarch
- 0.3 cup t brown sugar dark packed
- 0.3 cup dijon mustard
- 2 pound flank steak trimmed

- 0.3 cup chives fresh chopped
- 8 chives fresh cut into 1-inch pieces
- 6 garlic clove peeled
- 0.3 cup spring onion minced
- 0.3 cup milk 2% reduced-fat
- 0.5 cup cream sour reduced-fat
- 0.3 cup soy sauce low-sodium
- 3 pounds potatoes - remove skin red
- 1 teaspoon salt
- 0.3 teaspoon worcestershire sauce

Equipment

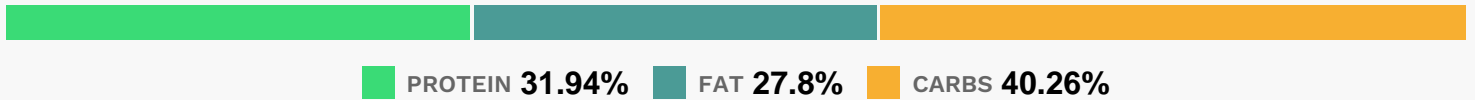
- frying pan
- sauce pan
- potato masher
- grill
- ziploc bags
- dutch oven

Directions

- To prepare steak, combine first 7 ingredients in a large zip-top plastic bag; add steak. Seal and marinate in refrigerator 8 hours or overnight, turning bag occasionally.
- Remove steak from bag, reserving marinade.
- Prepare grill.
- Place steak on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.
- Let stand 10 minutes.
- Cut diagonally across grain into thin slices.

- Combine reserved marinade and cornstarch in a saucepan. Bring to a boil; cook 1 minute, stirring constantly.
- To prepare potatoes, place potatoes and garlic in a large Dutch oven; cover with water. Bring to a boil. Reduce heat; simmer 30 minutes or until tender.
- Drain.
- Return potatoes and garlic to pan, and place over medium heat.
- Add sour cream, milk, butter, salt, and 1/4 teaspoon pepper. Mash potato mixture to desired consistency with a potato masher. Stir in chopped chives. Mound 3/4 cup potatoes on each of 8 plates; arrange 3 ounces steak around each serving of potatoes.
- Drizzle 1 tablespoon sauce on each plate; sprinkle with chive pieces, if desired.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:21.248260816802%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 389.12kcal (19.46%), Fat: 11.5g (17.69%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 33.97g (12.35%), Sugar: 9.7g (10.78%), Cholesterol: 83.26mg (27.75%), Sodium: 803.99mg (34.96%), Alcohol: 2.51g (100%), Alcohol %: 0.9% (100%), Protein: 29.73g (59.47%), Selenium: 38.18µg (54.54%), Vitamin B6: 1.04mg (51.82%), Vitamin B3: 9.23mg (46.15%), Phosphorus: 381.66mg (38.17%), Potassium: 1283.3mg (36.67%), Zinc: 5.2mg (34.66%), Vitamin C: 17.43mg (21.13%), Manganese: 0.4mg (20.07%), Magnesium: 77.32mg (19.33%), Vitamin B12: 1.15µg (19.2%), Iron: 3.44mg (19.09%), Vitamin K: 18.42µg (17.54%), Copper: 0.34mg (17.2%), Vitamin B1: 0.26mg (17.06%), Vitamin B2: 0.25mg (14.87%), Fiber: 3.52g (14.06%), Folate: 56.16µg (14.04%), Vitamin B5: 1.31mg (13.12%), Calcium: 96.55mg (9.65%), Vitamin A: 314.42IU (6.29%), Vitamin E: 0.58mg (3.86%)