



Bourbon Steak and Onion Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb skirt steak
- ☐ 1 serving pepper black freshly ground
- ☐ 2 tablespoons vegetable oil
- ☐ 1 large onion red sliced
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.3 cup beef broth (from 32-oz carton)
- ☐ 3 tablespoons bourbon

☐ 8 potato buns split

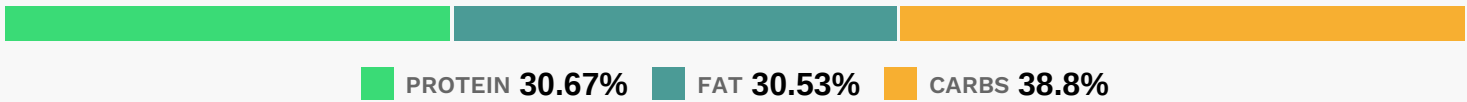
Equipment

- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Season steak on both sides with salt and pepper. In 10- to 12-inch skillet, heat oil over medium heat.
- ☐ Add steak; cook 3 to 5 minutes on each side or until browned.
- ☐ Transfer steak to cutting board.
- ☐ Add onion to skillet; cook 3 to 5 minutes or until softened.
- ☐ Add garlic and tomatoes; cook 2 to 3 minutes or until tomatoes begin to brown.
- ☐ Remove skillet from heat.
- ☐ Add broth and bourbon to skillet. Stir; return skillet to heat. Cook 1 minute longer or until broth is reduced by half. Season with salt and pepper.
- ☐ Cut steak across grain into slices. Fill rolls with steak; top steak with onion-tomato mixture.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:11.565217370572%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 270.18kcal (13.51%), Fat: 9.14g (14.06%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 24.75g (9%), Sugar: 6.04g (6.71%), Cholesterol: 35.72mg (11.91%), Sodium: 247.78mg (10.77%), Alcohol: 1.88g (100%), Alcohol %: 1.49% (100%), Protein: 20.67g (41.33%), Vitamin B3: 6.37mg (31.83%), Zinc: 3.71mg

(24.75%), Vitamin B1: 0.35mg (23.41%), Folate: 86.41µg (21.6%), Vitamin B2: 0.36mg (21.26%), Vitamin B12: 1.21µg (20.22%), Selenium: 12.8µg (18.28%), Iron: 2.99mg (16.58%), Calcium: 160.47mg (16.05%), Vitamin B6: 0.29mg (14.4%), Phosphorus: 98.89mg (9.89%), Vitamin K: 7.71µg (7.35%), Potassium: 233.57mg (6.67%), Vitamin C: 5.5mg (6.66%), Fiber: 1.39g (5.56%), Manganese: 0.1mg (5.01%), Magnesium: 15.88mg (3.97%), Vitamin B5: 0.38mg (3.76%), Copper: 0.07mg (3.5%), Vitamin E: 0.44mg (2.95%), Vitamin A: 96.02IU (1.92%)