Bourbon Street New York Strip Steak

Gluten Free | Dairy Free | Low Fod Map

READY IN	SERVINGS	CALORIES
85 min.	2	1657 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 cup brown sugar dark
- [ ] 12 ounce new york strip steaks boneless
- [ ] 3 cups bourbon whiskey

Equipment

- [ ] knife
- [ ] casserole dish
- [ ] grill
- [ ] meat tenderizer

Directions

- [ ] Gently tenderize steaks with a meat mallet. With a sharp knife, lightly score the meat on one side diagonally.
- [ ] Place steaks in a casserole dish, scored side up, and pour bourbon over them. Rub the brown sugar evenly over each steak. Marinate in refrigerator for 1 to 3 hours.
- [ ] Preheat grill to high heat, and lightly oil grate.
- [ ] Place the steaks on the hot grill, with the sugar side down.
- [ ] Let cook until sugar has caramelized, 3 to 5 minutes, then flip steaks, and finish cooking to desired doneness.

Nutrition Facts

PROTEIN **17.46%** FAT **27.51%** CARBS **55.03%**

Properties

Glycemic Index:7.5, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:17.050434770791%

Nutrients (% of daily need)

Calories: 1656.8kcal (82.84%), Fat: 24.05g (37%), Saturated Fat: 10.7g (66.87%), Carbohydrates: 108.26g (36.09%), Net Carbohydrates: 108.26g (39.37%), Sugar: 107.05g (118.95%), Cholesterol: 103.76mg (34.59%), Sodium: 119.25mg (5.18%), Alcohol: 127.44g (100%), Alcohol %: 25.47% (100%), Protein: 34.36g (68.71%), Selenium: 42.82µg (61.18%), Zinc: 8.83mg (58.87%), Vitamin B12: 2.82µg (47.06%), Vitamin B3: 8.63mg (43.13%), Vitamin B6: 0.72mg (36.19%), Phosphorus: 259.96mg (26%), Vitamin B2: 0.41mg (24.12%), Iron: 3.78mg (20.99%), Potassium: 605.7mg (17.31%), Vitamin B1: 0.18mg (11.87%), Copper: 0.23mg (11.7%), Magnesium: 45.62mg (11.41%), Calcium: 103.21mg (10.32%), Manganese: 0.1mg (4.94%), Vitamin K: 2.55µg (2.43%), Folate: 6.2µg (1.55%), Vitamin B5: 0.15mg (1.45%), Vitamin D: 0.17µg (1.13%)