



Brandy Flamed Peppercorn Steak

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef top sirloin steaks
- 3 tablespoons peppercorns black crushed
- 3 tablespoons brandy
- 5 tablespoons butter
- 2 cloves garlic minced
- 0.3 cup green onions chopped
- 0.5 cup heavy cream
- 1 tablespoon lemon pepper

- 0.5 cup red wine
- 1 teaspoon salt
- 1 shallots chopped
- 1 teaspoon sugar white

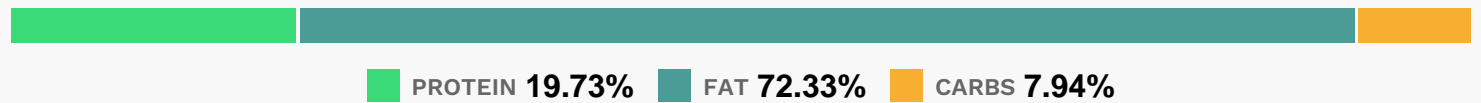
Equipment

- frying pan

Directions

- Press crushed peppercorns into both sides of each steak.
- Sprinkle with lemon pepper, and salt.
- Melt butter in a large skillet over medium-high heat. Stir in garlic and wine, and cook for 1 minute. Arrange steaks in pan, and cook for 5 to 10 minutes per side, or until desired doneness. Reduce heat to low.
- Pour brandy onto steaks, and carefully light with a match.
- Let the flames burn off.
- Sprinkle green onion and shallot around the steaks, and circle the steaks with cream. Cook, stirring sauce, until hot.
- Transfer steaks to plates. Stir sugar into sauce, and then spoon over meat.

Nutrition Facts



Properties

Glycemic Index:153.05, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:35.249565228172%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg

Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1130.06kcal (56.5%), Fat: 84.12g (129.42%), Saturated Fat: 45.56g (284.78%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 15.45g (5.62%), Sugar: 5.55g (6.16%), Cholesterol: 269.49mg (89.83%), Sodium: 1536.58mg (66.81%), Alcohol: 13.88g (100%), Alcohol %: 3.87% (100%), Protein: 51.62g (103.25%), Manganese: 2.52mg (125.93%), Vitamin B12: 6.46µg (107.66%), Selenium: 41.22µg (58.89%), Vitamin K: 60.09µg (57.22%), Zinc: 8.06mg (53.71%), Vitamin B6: 1.06mg (52.92%), Phosphorus: 497.39mg (49.74%), Vitamin B3: 8.74mg (43.7%), Vitamin A: 1974.35IU (39.49%), Iron: 7.05mg (39.19%), Vitamin B2: 0.6mg (35.3%), Potassium: 1170.16mg (33.43%), Magnesium: 94.11mg (23.53%), Copper: 0.47mg (23.39%), Fiber: 5.34g (21.37%), Vitamin B1: 0.28mg (18.97%), Calcium: 165.61mg (16.56%), Vitamin B5: 1.23mg (12.27%), Vitamin E: 1.62mg (10.82%), Folate: 33.04µg (8.26%), Vitamin D: 0.95µg (6.35%), Vitamin C: 4.64mg (5.63%)