



Coffee-Rubbed Strip Steaks

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound beef strip steaks trimmed halved
- 0.3 cup bourbon
- 2 tablespoons butter
- 1 cup millstone kona blend coffee brewed
- 1 tablespoon ground millstone kona blend coffee
- 0.3 cup onion minced
- 1 tablespoon cracked pepper
- 2 teaspoons salt

- 1 tablespoon vegetable oil

Equipment

- frying pan
- oven

Directions

- Sprinkle both sides of steaks evenly with salt, and let stand 10 minutes.
- Combine ground coffee and cracked pepper; rub both sides of steaks with coffee mixture.
- Cook steaks in hot oil in a large nonstick ovenproof skillet over high heat 2 minutes or until well browned.
- Remove skillet from heat, and turn steaks.
- Bake steaks in skillet, browned sides up, at 350 for 5 minutes or to desired degree of doneness.
- Remove steaks from skillet, and keep warm.
- Saut onion in skillet 2 minutes or until tender.
- Remove skillet from heat; stir in bourbon, and let stand 30 seconds. Return skillet to heat, and cook, stirring often, until liquid almost evaporates.
- Add brewed coffee, and cook, stirring often, over medium heat, 5 minutes or until liquid is reduced by half.
- Remove skillet from heat, and stir in butter until melted.
- Pour sauce over steaks; sprinkle with parsley, if desired, and serve immediately.

Nutrition Facts

PROTEIN 27.54% FAT 71.25% CARBS 1.21%

Properties

Glycemic Index:18.5, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:20.958695657875%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.5mg,
Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg,
Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:
0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 688.12kcal (34.41%), Fat: 50.97g (78.42%), Saturated Fat: 18.61g (116.33%), Carbohydrates: 1.96g (0.65%),
Net Carbohydrates: 1.41g (0.51%), Sugar: 0.43g (0.48%), Cholesterol: 195.04mg (65.01%), Sodium: 1344.18mg
(58.44%), Alcohol: 5.01g (100%), Alcohol %: 1.94% (100%), Caffeine: 26.2mg (8.73%), Protein: 44.33g (88.66%),
Selenium: 51.38µg (73.4%), Vitamin B6: 1.23mg (61.55%), Vitamin B3: 11.88mg (59.42%), Zinc: 7.59mg (50.57%),
Phosphorus: 422.03mg (42.2%), Vitamin B12: 2.09µg (34.89%), Potassium: 747.44mg (21.36%), Iron: 3.41mg
(18.94%), Vitamin B2: 0.29mg (17.16%), Vitamin B5: 1.43mg (14.35%), Magnesium: 50.94mg (12.74%), Manganese:
0.24mg (12.2%), Vitamin K: 12.44µg (11.84%), Vitamin B1: 0.17mg (11.51%), Vitamin E: 1.45mg (9.66%), Copper: 0.18mg
(9.17%), Folate: 26.09µg (6.52%), Calcium: 62.85mg (6.28%), Vitamin A: 258.8IU (5.18%), Fiber: 0.55g (2.2%)