Grilled Peppered Steak with Brandy Cream Sauce

Gluten Free

READY IN	SERVINGS	CALORIES
36 min.	6	229 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 3 teaspoons pepper black
- [ ] 1.5 lb beef tenderloin steaks
- [ ] 0.3 cup spring onion finely chopped
- [ ] 1 tablespoon butter
- [ ] 0.3 cup beef broth flavored
- [ ] 0.5 cup beef broth flavored (from 32-oz carton)
- [ ] 0.5 cup cream sour

Equipment

- [ ] sauce pan
- [ ] grill

Directions

- [ ] Heat coals or gas grill for direct heat.
- [ ] Press pepper onto both sides of beef.
- [ ] Grill beef uncovered 4 to 6 inches from medium heat 7 to 8 minutes on each side for medium doneness (160°F) or until desired doneness.
- [ ] While beef is grilling, melt butter in 1-quart saucepan over medium heat. Cook shallots in butter, stirring occasionally, until tender. Stir in brandy and broth. Cook over medium-high heat about 5 minutes or until mixture is slightly reduced. Stir in sour cream.
- [ ] Serve with beef.

Nutrition Facts

PROTEIN **46.6%** FAT **50.06%** CARBS **3.34%**

Properties

Glycemic Index:10.67, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:13.16652178246%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 228.5kcal (11.42%), Fat: 12.43g (19.12%), Saturated Fat: 4.86g (30.36%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.76g (0.84%), Cholesterol: 83.88mg (27.96%), Sodium: 202.78mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.03g (52.05%), Selenium: 35.58µg (50.83%), Vitamin B3: 7.55mg (37.76%), Vitamin B6: 0.72mg (36.09%), Zinc: 4.59mg (30.62%), Phosphorus: 259.13mg (25.91%), Vitamin B12: 1.12µg (18.64%), Potassium: 467.36mg (13.35%), Vitamin K: 11.91µg (11.34%), Iron: 2.04mg (11.32%), Vitamin B2: 0.18mg (10.49%), Vitamin B5: 0.82mg (8.24%), Magnesium: 31.21mg (7.8%), Manganese: 0.15mg (7.59%), Vitamin B1: 0.09mg (6.13%), Calcium: 54.24mg (5.42%), Copper: 0.11mg (5.32%), Vitamin A: 249.88IU (5%), Folate: 19.35µg (4.84%), Vitamin E: 0.53mg (3.53%), Fiber: 0.36g (1.45%), Vitamin C: 0.96mg (1.16%)