



Grilled Steak and Eggs with Beer and Molasses

READY IN



80 min.

SERVINGS



4

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider
- 0.5 cup beer lager-style
- 1.5 teaspoons cayenne pepper
- 4 grilled eggs (recipe below)
- 1 clove garlic minced
- 1 cup catsup
- 2 teaspoons juice of lemon
- 0.5 cup blackstrap molasses

- 0.5 medium onion diced finely
- 1.5 teaspoons paprika
- 4 servings salt and pepper freshly ground
- 2 pound strip steaks (1/)
- 2 tablespoons sugar
- 1.5 teaspoons butter unsalted
- 1 tablespoon vegetable oil
- 1.5 teaspoons worcestershire sauce
- 1.5 teaspoons mustard yellow

Equipment

- frying pan
- sauce pan
- grill

Directions

- Make the sauce: In a medium saucepan over medium heat, melt the butter.
- Add the onion and garlic and saute until softened, about 3 minutes.
- Add the rest of the sauce ingredients; bring to a boil, then simmer until the sauce is reduced to 2 cups, about 30 minutes.
- Meanwhile, preheat a grill to medium-high. Season the steaks with salt and pepper and rub with the oil. Grill for 3 to 5 minutes per side for medium-rare.
- Let rest for 10 minutes before slicing.
- Serve with the beer-molasses sauce and the grilled eggs.
- Place a cast-iron skillet on the grill; add butter, oil or bacon drippings. Crack in eggs and season to taste (the Neelys use a blend of paprika, sugar and onion powder, plus salt and pepper). Cook until the edges are crisp but the yolks are still runny, 2-3 minutes.

Nutrition Facts



■ PROTEIN 25.25% ■ FAT 45.09% ■ CARBS 29.66%

Properties

Glycemic Index:82.84, Glycemic Load:20.24, Inflammation Score:-8, Nutrition Score:35.030869442484%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 824.82kcal (41.24%), Fat: 41.65g (64.07%), Saturated Fat: 17.2g (107.5%), Carbohydrates: 61.65g (20.55%), Net Carbohydrates: 60.61g (22.04%), Sugar: 54.3g (60.33%), Cholesterol: 306.06mg (102.02%), Sodium: 987.93mg (42.95%), Alcohol: 1.15g (100%), Alcohol %: 0.31% (100%), Protein: 52.46g (104.93%), Selenium: 77.97µg (111.38%), Zinc: 12.54mg (83.59%), Vitamin B6: 1.44mg (71.92%), Vitamin B12: 4.17µg (69.43%), Vitamin B3: 12.75mg (63.75%), Vitamin B2: 0.88mg (51.94%), Phosphorus: 462.27mg (46.23%), Potassium: 1569.2mg (44.83%), Magnesium: 171.32mg (42.83%), Iron: 7.33mg (40.7%), Manganese: 0.81mg (40.33%), Vitamin A: 1311.65IU (26.23%), Copper: 0.49mg (24.63%), Vitamin B1: 0.27mg (17.82%), Calcium: 151.13mg (15.11%), Vitamin E: 2.12mg (14.13%), Vitamin K: 13.04µg (12.42%), Vitamin B5: 1.12mg (11.19%), Folate: 39.32µg (9.83%), Vitamin D: 1.13µg (7.57%), Vitamin C: 5.82mg (7.06%), Fiber: 1.04g (4.17%)