

Irish Steaks

 **Gluten Free**  **Popular**

READY IN



30 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef top sirloin steaks
- 3 tablespoons butter
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 clove garlic cut in half lengthwise
- 4 servings salt and ground pepper black to taste
- 1 onion chopped
- 2 tablespoons vegetable oil
- 0.3 cup irish whiskey jameson® (such as)

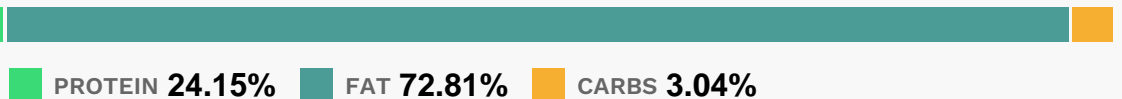
Equipment

- frying pan
- spatula

Directions

- Heat vegetable oil and butter in a heavy skillet over medium heat until butter has melted. Cook and stir onions in butter and oil until lightly golden brown, about 10 minutes. Push onions aside with a spatula.
- Rub steaks with cut sides of garlic clove.
- Place steaks in the skillet, leaving the onions to the side, and cook over medium-high heat until meat is browned but still lightly pink inside, 2 to 4 minutes per side.
- Remove the skillet from heat. Slowly pour Irish whiskey into the hot skillet (be careful, whiskey fumes are flammable).
- Mix browned onions into whiskey and bring to a simmer over medium-low heat.
- Sprinkle steaks with salt, black pepper, and parsley; turn steaks over in whiskey pan sauce to coat both sides, and serve drizzled with sauce.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:13.524782522865%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 437.1kcal (21.86%), Fat: 32.17g (49.49%), Saturated Fat: 13.27g (82.91%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.21g (1.35%), Cholesterol: 86.08mg (28.69%), Sodium: 131.12mg (5.7%),

Alcohol: 5.31g (100%), Alcohol %: 3.83% (100%), Protein: 24.01g (48.01%), Vitamin B12: 3.17µg (52.84%), Vitamin K: 46.33µg (44.12%), Selenium: 19.07µg (27.24%), Zinc: 3.81mg (25.4%), Vitamin B6: 0.48mg (23.78%), Phosphorus: 210.72mg (21.07%), Vitamin B3: 4.19mg (20.96%), Iron: 2.49mg (13.83%), Vitamin B2: 0.22mg (12.84%), Potassium: 408.63mg (11.68%), Vitamin B1: 0.13mg (8.74%), Vitamin A: 432.04IU (8.64%), Magnesium: 27mg (6.75%), Vitamin C: 4.93mg (5.97%), Vitamin E: 0.82mg (5.48%), Copper: 0.11mg (5.45%), Vitamin B5: 0.41mg (4.11%), Manganese: 0.08mg (3.99%), Folate: 15.42µg (3.86%), Fiber: 0.57g (2.3%), Calcium: 20.21mg (2.02%)