



Irish Whiskey Flat Iron Steak

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon rosemary dried crushed
- 0.5 teaspoon thyme leaves dried
- 32 ounce flat iron steaks
- 1 tablespoon parsley fresh chopped
- 1 tablespoon garlic minced
- 1 tablespoon green onion minced
- 1 tablespoon ground pepper black
- 0.7 cup olive oil extra-virgin

- 3 tablespoons soya sauce
- 3 tablespoons irish whiskey

Equipment

- grill
- kitchen thermometer
- aluminum foil
- ziploc bags

Directions

- Combine the olive oil, whiskey, soy sauce, green onion, garlic, pepper, parsley, thyme, and rosemary in a large, sealable plastic bag; seal and shake to mix.
- Add the steaks to the marinade. Seal the bag, squeezing out as much air as possible. Refrigerate at least 1 hour.
- Remove steaks from marinade; discard the marinade. Allow the steaks to come to room temperature before cooking.
- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Cook the steaks until they are beginning to firm and are hot and slightly pink in the center, 6 to 7 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Cover the meat with two layers of aluminum foil and allow to rest in a warm area for 10 minutes before serving.

Nutrition Facts

 **PROTEIN 38.14%**  **FAT 59.62%**  **CARBS 2.24%**

Properties

Glycemic Index:56.5, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:28.440434766852%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.2mg, Quercetin:

0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 506.97kcal (25.35%), Fat: 31.15g (47.93%), Saturated Fat: 9.97g (62.31%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.99g (0.72%), Sugar: 0.32g (0.35%), Cholesterol: 149.69mg (49.9%), Sodium: 923.59mg (40.16%), Alcohol: 4.05g (100%), Alcohol %: 1.75% (100%), Protein: 44.84g (89.68%), Vitamin B12: 11.45µg (190.89%), Zinc: 15.73mg (104.86%), Selenium: 68.07µg (97.24%), Vitamin B6: 0.9mg (44.89%), Phosphorus: 442.01mg (44.2%), Vitamin B3: 8.35mg (41.77%), Iron: 6.14mg (34.09%), Vitamin B2: 0.54mg (31.94%), Vitamin K: 29.83µg (28.41%), Vitamin B5: 2.25mg (22.48%), Potassium: 768.29mg (21.95%), Manganese: 0.34mg (17.16%), Vitamin B1: 0.24mg (16.09%), Copper: 0.32mg (15.97%), Magnesium: 57.17mg (14.29%), Vitamin E: 1.46mg (9.76%), Calcium: 31.51mg (3.15%), Folate: 12.38µg (3.1%), Vitamin C: 2.3mg (2.79%), Fiber: 0.65g (2.6%), Vitamin A: 112.43IU (2.25%)