



## Joel's Guinness Steak

 Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pound beef steaks
- 2 cups red wine
- 0.3 cup steak sauce
- 3 fluid ounces worcestershire sauce

### Equipment

- bowl
- frying pan
- sauce pan

- oven
- baking pan
- broiler

## Directions

- In a glass bowl or baking dish, mix together the red wine, beer, Worcestershire sauce and steak sauce.
- Place steaks into the marinade, cover and refrigerate for at least 24 hours to allow the alcohol to get the meat good and soft.
- Preheat your oven's broiler.
- Place steaks on a rack over a broiling pan. Arrange the shelf so that the steaks are about 5 inches away from the heat source. Broil for 5 to 7 minutes on each side, or to desired doneness.
- Pour the marinade into a saucepan, and bring to a boil over medium heat. Boil for about 15 minutes. Repeatedly strain the mixture to remove the proteins (foamy substance). Not doing this will make it taste bad. Once the marinade has been cooked down to remove all of the meat proteins and alcohol, use as a sauce.

## Nutrition Facts

■ PROTEIN **41.5%** ■ FAT **49.14%** ■ CARBS **9.36%**

## Properties

Glycemic Index:3.75, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:24.77000003794%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

## **Nutrients (% of daily need)**

Calories: 557.2kcal (27.86%), Fat: 24.82g (38.19%), Saturated Fat: 9.76g (60.99%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 10.41g (3.79%), Sugar: 4.41g (4.9%), Cholesterol: 163.29mg (54.43%), Sodium: 672.56mg (29.24%), Alcohol: 12.72g (100%), Alcohol %: 4.2% (100%), Protein: 47.17g (94.34%), Selenium: 56.49µg (80.7%), Vitamin B6: 1.48mg (73.93%), Vitamin B3: 14.33mg (71.64%), Zinc: 8.99mg (59.95%), Phosphorus: 501.63mg (50.16%), Vitamin B12: 2.79µg (46.49%), Potassium: 1135.61mg (32.45%), Iron: 5.63mg (31.26%), Vitamin B2: 0.32mg (19.03%), Magnesium: 69.69mg (17.42%), Vitamin B1: 0.22mg (14.47%), Copper: 0.29mg (14.36%), Vitamin B5: 1.37mg (13.65%), Manganese: 0.21mg (10.68%), Calcium: 88.3mg (8.83%), Folate: 29.1µg (7.28%), Vitamin E: 0.98mg (6.55%), Vitamin C: 3.89mg (4.71%), Vitamin K: 4.2µg (4%), Vitamin A: 63.43IU (1.27%)