



Men Love This Steak

 Gluten Free

READY IN



24 min.

SERVINGS



2

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon thick
- 2 tablespoons cheese blue crumbled
- 2 teaspoons butter
- 0.8 teaspoon dijon mustard
- 8 ounces mushrooms quartered
- 0.5 cup bell pepper red thinly sliced
- 16 ounce beef rib-eye steaks
- 1 teaspoon steak seasoning

0.3 teaspoon worcestershire sauce

Equipment

frying pan

paper towels

grill

Directions

Prepare an outdoor grill using charcoal briquettes stacked 2 to 3 deep. Season the steaks on both sides with steak seasoning.

While the charcoal heats up, fry the bacon in a skillet over medium-high heat until crisp.

Remove from the skillet and drain on paper towels. Leave grease in the pan.

When the charcoal is covered with gray ashes, put the steaks on the grill. Cook for 12 minutes, turning once, or to your desired degree of doneness.

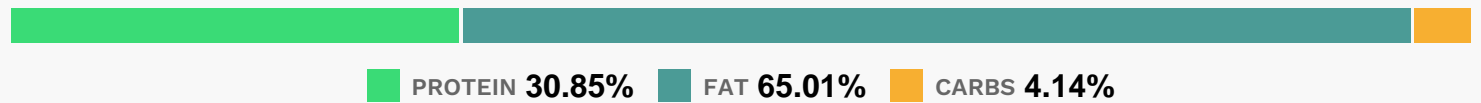
While the steaks are cooking, stir the butter, Worcestershire sauce and mustard into the bacon grease. Cook and stir over medium-high heat until butter has melted.

Add the red bell pepper and mushrooms; cook and stir until tender.

To serve, place steaks onto plates. Top with bacon, then blue cheese and then the vegetables.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:1.34, Inflammation Score:-8, Nutrition Score:35.771739109703%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 709.33kcal (35.47%), Fat: 51.87g (79.79%), Saturated Fat: 22.65g (141.55%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 5.32g (1.94%), Sugar: 3.98g (4.42%), Cholesterol: 176.13mg (58.71%), Sodium: 486.85mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.38g (110.77%), Selenium: 74.33µg (106.19%), Zinc: 12.94mg (86.28%), Vitamin B3: 17.01mg (85.04%), Vitamin B12: 4.07µg (67.82%), Vitamin B2: 1.09mg (64.05%), Vitamin B6: 1.25mg (62.26%), Vitamin C: 50.29mg (60.95%), Phosphorus: 513.79mg (51.38%), Potassium: 1147.13mg (32.78%), Iron: 5.21mg (28.94%), Copper: 0.57mg (28.59%), Vitamin A: 1419.13IU (28.38%), Vitamin B1: 0.41mg (27.44%), Vitamin B5: 2.13mg (21.31%), Magnesium: 71.21mg (17.8%), Vitamin K: 13.83µg (13.18%), Folate: 47.46µg (11.86%), Manganese: 0.18mg (8.78%), Fiber: 2.11g (8.44%), Calcium: 73.64mg (7.36%), Vitamin E: 0.9mg (5.97%), Vitamin D: 0.62µg (4.14%)