



Raisin Whiskey Steak

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 1 teaspoon canola oil
- 0.5 cup raisins
- 24 ounce beef sirloin steaks boneless
- 0.3 cup canadian whiskey crown royal® (such as)

Equipment

- frying pan
- kitchen thermometer

- ziploc bags
- slotted spoon

Directions

- Place raisins, whiskey, and brown sugar into a resealable plastic bag.
- Place steaks into the bag, coat with marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 10 to 30 minutes.
- Heat canola oil in a large skillet over medium high heat.
- Transfer steaks and marinade to the hot skillet.
- Remove raisins from the skillet with a slotted spoon once they have plumped, about 5 minutes; set aside.
- Cook steaks until they are beginning to firm and are hot and slightly pink in the center, 5 to 8 minutes per side. An instant-read thermometer inserted into the center should read at least 140 degrees F (60 degrees C).
- Serve the steaks with the raisins.

Nutrition Facts

PROTEIN 48.37% **FAT 25.83%** **CARBS 25.8%**

Properties

Glycemic Index:18.45, Glycemic Load:7.64, Inflammation Score:-3, Nutrition Score:18.215652305147%

Nutrients (% of daily need)

Calories: 351.8kcal (17.59%), Fat: 8.96g (13.78%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 18.89g (6.87%), Sugar: 5.83g (6.48%), Cholesterol: 103.76mg (34.59%), Sodium: 103.71mg (4.51%), Alcohol: 5.31g (100%), Alcohol %: 3.21% (100%), Protein: 37.73g (75.46%), Vitamin B3: 12.84mg (64.19%), Selenium: 43.56µg (62.22%), Vitamin B6: 1.06mg (52.94%), Zinc: 7.08mg (47.2%), Phosphorus: 362.98mg (36.3%), Vitamin B12: 2.02µg (33.74%), Potassium: 739.39mg (21.13%), Iron: 3.29mg (18.26%), Vitamin B2: 0.22mg (12.66%), Magnesium: 45.1mg (11.27%), Vitamin B5: 1.13mg (11.25%), Copper: 0.18mg (9.19%), Vitamin B1: 0.13mg (8.35%), Calcium: 57.68mg (5.77%), Folate: 22.72µg (5.68%), Fiber: 1.23g (4.93%), Vitamin E: 0.74mg (4.91%), Manganese: 0.08mg (3.86%), Vitamin K: 2.92µg (2.79%), Vitamin C: 0.98mg (1.19%), Vitamin D: 0.17µg (1.13%)