



Roast Beef with Bourbon Mushroom Sauce

READY IN



95 min.

SERVINGS



6

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 beef striploin whole with some fatback remaining trimmed
- ☐ 3 cups beef stock
- ☐ 0.3 cup bourbon
- ☐ 5 tablespoons butter divided
- ☐ 0.3 cup sea salt
- ☐ 1 cup cremini mushrooms sliced
- ☐ 4 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoons garlic minced

- ☐ 2 tablespoons grapeseed oil for searing
- ☐ 1 cup onion diced finely
- ☐ 0.3 cup coarse cracked pepper black
- ☐ 1 tablespoon cracked pepper black
- ☐ 6 servings salt

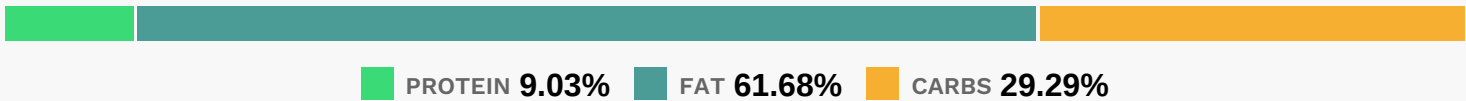
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ Add oil to saute pan. Season meat on all sides with salt and pepper. Sear meat on all sides, about 2 to 3 minutes each side.
- ☐ Place meat on sheet tray with a rack. Roast meat for 30 to 40 minutes. Crank oven up to 450 degrees F. and roast for an additional 15 to 20 minutes until crust forms and meat is nicely colored. When done, allow to rest before slicing. In a small bowl reserve juice for Bourbon Mushroom Sauce.
- ☐ In a large saucepan over medium-high heat, add 4 tablespoons butter.
- ☐ Add garlic, mushrooms and onion and cook for 4 to 5 minutes until nicely
- ☐ Add flour and mix well to form pasty roux.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:4.79, Inflammation Score:-6, Nutrition Score:12.285217363549%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 225.25kcal (11.26%), Fat: 14.73g (22.66%), Saturated Fat: 6.67g (41.71%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 12.26g (4.46%), Sugar: 2.1g (2.33%), Cholesterol: 25.2mg (8.4%), Sodium: 5227.21mg (227.27%), Alcohol: 3.34g (100%), Alcohol %: 1.96% (100%), Protein: 4.85g (9.71%), Manganese: 1.51mg (75.46%), Vitamin K: 40.72µg (38.79%), Copper: 0.29mg (14.7%), Fiber: 3.48g (13.92%), Potassium: 481.54mg (13.76%), Vitamin B2: 0.23mg (13.34%), Vitamin E: 1.76mg (11.74%), Iron: 1.87mg (10.39%), Selenium: 7.27µg (10.38%), Vitamin B3: 1.99mg (9.96%), Vitamin A: 463.92IU (9.28%), Phosphorus: 88.17mg (8.82%), Magnesium: 33.2mg (8.3%), Vitamin B6: 0.16mg (8.19%), Vitamin B1: 0.12mg (7.95%), Calcium: 76.87mg (7.69%), Folate: 23.89µg (5.97%), Vitamin C: 4.16mg (5.05%), Vitamin B5: 0.41mg (4.14%), Zinc: 0.61mg (4.06%)