

# Steak Au Poivre

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup brandy
- 2 tablespoons butter
- 1 cup heavy cream
- 4 servings kosher salt
- 2 tablespoons coarsely cracked pepper black
- 2 rib-eye steaks bone-in
- 2 tablespoons sherry vinegar

## Equipment

- frying pan
- paper towels
- oven
- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- Preheat the oven to 375 degrees F.
- Heat a large, well-seasoned cast iron skillet over high heat. Pat the steaks dry with a paper towel, season with salt, to taste, and coat the meat the black pepper.
- Put the steaks in the hot skillet and cook until blackened and the steaks have released themselves from the pan. Turn the steaks and transfer the pan to the oven. Roast until an instant-read thermometer registers 125 degrees F for medium-rare, or cook until desired doneness.
- Remove the pan from the oven and transfer the steaks to a cutting board; cover with aluminum foil to keep warm.
- Put the skillet back over medium heat. Carefully add the brandy and ignite it with a long kitchen match, to burn off the alcohol.
- Add the cream, and vinegar, and simmer until very thick. Stir in the butter just before serving.
- Slice the steaks and serve with peppercorn sauce.

## Nutrition Facts

**PROTEIN 19.73%** **FAT 77.38%** **CARBS 2.89%**

## Properties

Glycemic Index:24.25, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:14.524782443824%

## Nutrients (% of daily need)

Calories: 565.78kcal (28.29%), Fat: 43.23g (66.51%), Saturated Fat: 24.43g (152.7%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.76g (1.96%), Cholesterol: 151.21mg (50.4%), Sodium: 315.13mg (13.7%), Alcohol: 10.02g (100%), Alcohol %: 5.76% (100%), Protein: 24.8g (49.6%), Selenium: 29.57µg (42.25%), Zinc: 6mg

(39.98%), Vitamin B12: 1.98µg (33.05%), Vitamin B3: 5.61mg (28.06%), Vitamin B6: 0.48mg (24.05%), Vitamin B2: 0.39mg (22.99%), Vitamin A: 1082.94IU (21.66%), Phosphorus: 205.45mg (20.55%), Manganese: 0.39mg (19.63%), Iron: 2.34mg (13.02%), Potassium: 404.48mg (11.56%), Vitamin K: 9µg (8.57%), Magnesium: 33.47mg (8.37%), Vitamin B1: 0.12mg (7.78%), Vitamin D: 1.07µg (7.1%), Copper: 0.14mg (7.09%), Calcium: 62.72mg (6.27%), Vitamin E: 0.74mg (4.94%), Fiber: 0.76g (3.04%), Vitamin B5: 0.2mg (2.01%), Folate: 6.49µg (1.62%)