



Steak Bites with Bloody Mary Dipping Sauce

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 inch bamboo skewers
- 1.3 pounds beef sirloin cut into large bite-sized pieces, 1 by 2 inches
- 6 servings coarse salt and pepper black
- 1 tablespoon horseradish prepared
- 1 tablespoon olive oil extra-virgin plus more for drizzling
- 1 small onion finely chopped
- 2 teaspoons pepper sauce hot
- 6 servings salt and pepper

- 1 cup tomato sauce
- 0.5 cup vodka
- 2 tablespoons worcestershire sauce

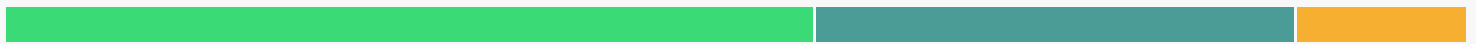
Equipment

- frying pan
- sauce pan
- skewers

Directions

- Heat a small saucepan over medium heat.
- Add oil and onions and saute 5 minutes.
- Add vodka and reduce by 1/2
- Add Worcestershire, hot sauce, tomato sauce and horseradish. Stir to combine the dipping sauce and return the sauce to a bubble.
- Add salt and pepper and adjust seasonings.
- Heat nonstick skillet over high heat. Coat meat bites lightly in oil. Season with steak seasoning blend or salt and pepper, to taste. Cook the meat until caramelized all over, about 2 minutes on each side.
- Transfer dipping sauce to a small dish and place at the center of a serving platter. Surround the dip with meat bites and set several bamboo "stakes" or skewers along side meat.

Nutrition Facts



PROTEIN 55.34% **FAT 32.89%** **CARBS 11.77%**

Properties

Glycemic Index:25.67, Glycemic Load:1.03, Inflammation Score:-4, Nutrition Score:12.793913125992%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 210.46kcal (10.52%), Fat: 5.88g (9.04%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.78g (3.09%), Cholesterol: 55.44mg (18.48%), Sodium: 759.89mg (33.04%), Alcohol: 6.68g (100%), Alcohol %: 4.49% (100%), Protein: 22.25g (44.5%), Selenium: 29.45µg (42.06%), Vitamin B6: 0.69mg (34.72%), Vitamin B3: 6.88mg (34.42%), Zinc: 4.32mg (28.82%), Phosphorus: 224.99mg (22.5%), Vitamin B12: 1.26µg (21%), Potassium: 533.74mg (15.25%), Iron: 2.55mg (14.19%), Vitamin B2: 0.18mg (10.46%), Copper: 0.17mg (8.38%), Vitamin E: 1.22mg (8.14%), Magnesium: 32.07mg (8.02%), Vitamin B5: 0.78mg (7.8%), Vitamin C: 6.11mg (7.4%), Vitamin B1: 0.11mg (7.35%), Folate: 20.02µg (5.01%), Manganese: 0.08mg (4.03%), Fiber: 0.93g (3.73%), Vitamin A: 184.06IU (3.68%), Calcium: 36.6mg (3.66%), Vitamin K: 3.82µg (3.64%)