



## Steak with Brandied Blue Cheese Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup beef broth
- 1 lb top beef sirloin steak boneless
- 0.3 cup brandy
- 0.8 cup athenos cheese blue crumbled
- 2 Tbsp grey poupon country dijon mustard
- 4 tsp parsley fresh finely chopped
- 0.3 cup whipping cream

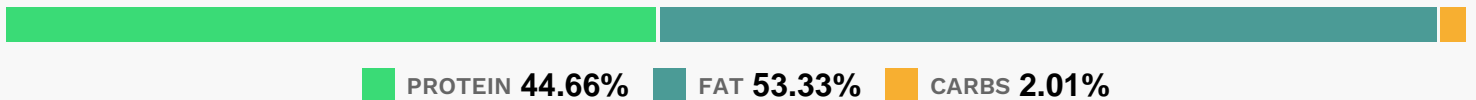
## Equipment

frying pan

## Directions

- Heat skillet on high heat.
- Add steak; cook 4 to 5 min. on each side or until medium doneness (160F).
- Remove steak from skillet, reserving drippings in skillet; cover steak to keep warm.
- Add brandy to meat drippings in skillet; cook to deglaze skillet, stirring constantly to remove browned bits from bottom of skillet.
- Add beef broth; bring to boil. Reduce heat to medium-low; cook 3 to 5 min. or until broth mixture is slightly reduced, stirring constantly.
- Add cheese, cream and mustard; mix well. Cook until cheese is completely melted and mixture is well blended, stirring frequently.
- Cut steak into four pieces; place one piece on each of four serving plates. Top evenly with the cheese sauce; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:3.53, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.0865217236721%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg

## Nutrients (% of daily need)

Calories: 43.65kcal (2.18%), Fat: 2.27g (3.49%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 0.19g (0.06%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.09g (0.1%), Cholesterol: 13.69mg (4.56%), Sodium: 88.6mg (3.85%), Alcohol: 0.67g (100%), Alcohol %: 2.69% (100%), Protein: 4.28g (8.56%), Selenium: 5.6µg (8%), Vitamin B3: 1.08mg (5.41%), Vitamin B6: 0.1mg (5.14%), Phosphorus: 48.32mg (4.83%), Zinc: 0.71mg (4.71%), Vitamin B12: 0.19µg (3.2%), Calcium: 23.58mg (2.36%), Vitamin B2: 0.04mg (2.19%), Potassium: 70.44mg (2.01%), Vitamin B5: 0.17mg (1.67%), Iron: 0.29mg (1.59%), Magnesium: 5.04mg (1.26%), Vitamin A: 56.74IU (1.13%)