



Steak with Brandy & Peppercorn Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups beef broth fat-free reduced-sodium
- 2 lb beef strip steak boneless trimmed well
- 0.3 cup brandy
- 2 Tbsp cornstarch
- 0.3 cup a.1. rub cracked peppercorn dry divided
- 0.3 cup whipping cream

Equipment

- frying pan

whisk

grill

Directions

Heat grill to medium-high heat.

Rub 2 Tbsp. dry rub evenly onto both sides of steak. Grill 6 to 8 min. on each side or until medium-rare (145F), or desired doneness.

Remove steak from grill; cover. Set aside.

Bring remaining dry rub, beef broth and brandy to boil in skillet.

Whisk cornstarch and cream until blended.

Add to broth mixture; cook and stir 2 to 3 min. or until thickened.

Slice steak.

Serve topped with sauce.

Nutrition Facts

 **PROTEIN 34.42%** **FAT 60.63%** **CARBS 4.95%**

Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.352174004783%

Nutrients (% of daily need)

Calories: 296.1kcal (14.8%), Fat: 18.89g (29.05%), Saturated Fat: 8.92g (55.72%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.28g (0.32%), Cholesterol: 77.58mg (25.86%), Sodium: 158.07mg (6.87%), Alcohol: 2.51g (100%), Alcohol %: 1.72% (100%), Protein: 24.12g (48.24%), Selenium: 28.11µg (40.15%), Zinc: 5.91mg (39.39%), Vitamin B12: 1.89µg (31.57%), Vitamin B3: 5.62mg (28.11%), Vitamin B6: 0.48mg (24.2%), Vitamin K: 19.56µg (18.63%), Phosphorus: 171.91mg (17.19%), Vitamin B2: 0.29mg (17.03%), Iron: 2.74mg (15.24%), Potassium: 431.14mg (12.32%), Manganese: 0.15mg (7.62%), Magnesium: 29.29mg (7.32%), Vitamin B1: 0.11mg (7.17%), Copper: 0.11mg (5.51%), Vitamin A: 183.92IU (3.68%), Calcium: 34.67mg (3.47%), Folate: 6.72µg (1.68%), Vitamin D: 0.23µg (1.55%), Fiber: 0.27g (1.06%)