



Steaks With Roquefort Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brandy
- 2 tablespoons butter
- 1 leaf flat parsley italian for garnish
- 4 servings salt and coarsely ground pepper black to taste
- 1 cup heavy cream
- 1 tablespoon olive oil
- 3 ounces roquefort cheese crumbled
- 20 ounce beef sirloin steaks

Equipment

- frying pan

Directions

- Melt the butter and heat the oil in a skillet over high heat. Season steaks with salt and pepper, and quickly sear on both sides. Reduce heat to medium, and continue cooking steaks 5 minutes on each side, or to desired doneness.
- Remove from skillet and keep warm.
- Pour brandy into the skillet and stir to loosen browned bits from bottom. Stir in cream, and return to a boil. Cook and stir until sauce is thick enough to coat the back of a spoon.
- Mix cheese into the sauce until melted.
- Pour over the steaks to serve.
- Garnish steaks with parsley.

Nutrition Facts

PROTEIN 21.16% **FAT 77.54%** **CARBS 1.3%**

Properties

Glycemic Index:39, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:17.91434800884%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 694.23kcal (34.71%), Fat: 58.18g (89.51%), Saturated Fat: 30.38g (189.89%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.74g (1.94%), Cholesterol: 180.8mg (60.27%), Sodium: 522.56mg (22.72%), Alcohol: 2.51g (100%), Alcohol %: 1.32% (100%), Protein: 35.72g (71.43%), Vitamin B12: 4.18µg (69.73%), Selenium: 28.33µg (40.47%), Phosphorus: 366.78mg (36.68%), Zinc: 5.25mg (34.98%), Vitamin B6: 0.59mg (29.33%), Vitamin B2: 0.49mg (29.1%), Vitamin B3: 5.35mg (26.74%), Vitamin A: 1293.8IU (25.88%), Calcium: 191.03mg (19.1%), Iron: 3.08mg (17.09%), Potassium: 518.45mg (14.81%), Vitamin B1: 0.16mg (10.89%), Magnesium: 39.33mg (9.83%), Vitamin B5: 0.97mg (9.69%), Vitamin K: 8.76µg (8.35%), Vitamin E: 1.22mg (8.11%), Copper: 0.13mg (6.45%), Vitamin D: 0.95µg (6.35%), Folate: 21.91µg (5.48%), Manganese: 0.04mg (2%)