



T-Bone Steak with Bacon-Mushroom Sauce

 Gluten Free  Dairy Free

READY IN



26 min.

SERVINGS



2

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices oscar mayer bacon cut into 1/4-inch pieces
- 1 lb beef t-bone steak
- 1 tsp brown sugar
- 0.3 cup cooking sherry dry
- 0.5 lb mushrooms fresh sliced
- 0.3 cup a.1. original sauce

Equipment

- frying pan

paper towels

grill

Directions

Heat grill to medium heat.

Grill steaks 7 to 8 min. on each side or to medium doneness (160F).

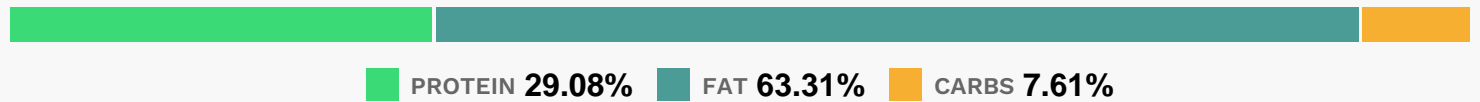
Meanwhile, cook bacon in large skillet until crisp.

Remove bacon from skillet; drain on paper towels. Discard drippings from skillet.

Add mushrooms to skillet; cook 5 min., stirring occasionally. Stir in bacon, steak sauce, sherry and sugar. Bring to boil; simmer on medium–low heat 5 min., stirring occasionally.

Serve steaks topped with mushroom sauce.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:29.605217317524%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 824.54kcal (41.23%), Fat: 55.86g (85.93%), Saturated Fat: 21g (131.25%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 13.99g (5.09%), Sugar: 10.92g (12.13%), Cholesterol: 163.31mg (54.44%), Sodium: 849.07mg (36.92%), Alcohol: 3.09g (100%), Alcohol %: 0.86% (100%), Protein: 57.73g (115.45%), Vitamin B12: 6.63µg (110.42%), Selenium: 59.07µg (84.39%), Vitamin B3: 14.57mg (72.86%), Zinc: 8.71mg (58.09%), Phosphorus: 576.81mg (57.68%), Vitamin B6: 1.14mg (57.09%), Vitamin B2: 0.91mg (53.71%), Potassium: 1193.73mg (34.11%), Vitamin B1: 0.47mg (31.46%), Iron: 5.44mg (30.24%), Copper: 0.56mg (28.24%), Vitamin B5: 2.72mg (27.21%), Magnesium: 65.31mg (16.33%), Folate: 33.2µg (8.3%), Manganese: 0.13mg (6.25%), Fiber: 1.13g (4.54%), Vitamin D: 0.45µg (2.98%), Vitamin C: 2.38mg (2.89%), Calcium: 23.79mg (2.38%), Vitamin E: 0.25mg (1.65%)