



Top Butt Steak with Whiskey Mustard Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cider vinegar
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons shallots finely chopped
- ☐ 2 pounds top butt sirloin steak boneless ()
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 cup irish whiskey
- ☐ 2 tablespoons whole-grain mustard

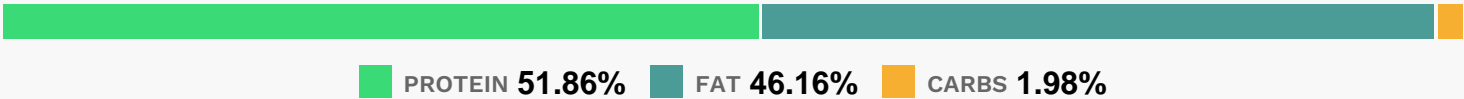
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Pat steak dry and sprinkle with 1 teaspoon salt and 3/4 teaspoon pepper.
- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then sear steak, turning once, about 8 minutes total for medium-rare.
- ☐ Let steak rest on a platter, uncovered, 10 minutes.
- ☐ While steak rests, add shallot to skillet and cook, stirring, until softened, about 2 minutes.
- ☐ Add whiskey and carefully ignite with a long kitchen match (use caution; flames will shoot up). When flames die down, whisk in broth and mustard and boil until sauce is reduced to about 1/2 cup, about 6 minutes.
- ☐ Add meat juices from platter, then whisk in butter and vinegar.
- ☐ Slice steak and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:16.332173949998%

Nutrients (% of daily need)

Calories: 323.83kcal (16.19%), Fat: 13.77g (21.19%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 1g (0.36%), Sugar: 0.41g (0.46%), Cholesterol: 104.26mg (34.75%), Sodium: 152.71mg (6.64%), Alcohol: 7.08g (100%), Alcohol %: 3.93% (100%), Protein: 34.81g (69.63%), Selenium: 48.38µg (69.11%), Vitamin B3: 10.37mg (51.84%), Vitamin B6: 0.97mg (48.43%), Zinc: 6.14mg (40.95%), Phosphorus: 340.53mg (34.05%), Vitamin B12: 1.47µg (24.54%), Potassium: 594.44mg (16.98%), Iron: 2.66mg (14.75%), Vitamin B2: 0.2mg (11.75%), Vitamin B5: 1.02mg (10.21%), Magnesium: 38.43mg (9.61%), Vitamin B1: 0.13mg (8.45%), Copper: 0.15mg (7.35%), Vitamin E: 0.94mg (6.27%), Folate: 21.35µg (5.34%), Calcium: 40.95mg (4.1%), Vitamin A: 178.61IU (3.57%), Vitamin K: 3.66µg (3.49%), Manganese: 0.05mg (2.51%), Fiber: 0.32g (1.29%)