Whiskey-Marinated Steak

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
505 min.	4	708 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.5 cup brown sugar
- [ ] 1 teaspoon garlic minced
- [ ] 0.3 cup liquid smoke
- [ ] 0.5 cup onion diced
- [ ] 0.5 cup pineapple juice
- [ ] 32 ounce rib-eye steaks
- [ ] 0.3 cup soya sauce
- [ ] 0.3 cup teriyaki sauce

- [ ] 0.7 cup water
- [ ] 0.5 cup irish whiskey

Equipment

- [ ] bowl
- [ ] whisk
- [ ] baking pan
- [ ] grill

Directions

- [ ] Whisk together the water, whiskey, pineapple juice, brown sugar, diced onion, teriyaki sauce, soy sauce, liquid smoke, and minced garlic in a bowl.
- [ ] Lie the steaks in the bottom of a baking dish.
- [ ] Pour the marinade over the steaks; refrigerate overnight.
- [ ] Preheat an outdoor grill for high heat, and lightly oil grate.
- [ ] Grill steaks to desired doneness, 3 to 5 minutes per side for medium-rare. Allow steaks to rest for 5 to 10 minutes before serving.

Nutrition Facts

PROTEIN **31.02%** FAT **45.33%** CARBS **23.65%**

Properties

Glycemic Index:33.25, Glycemic Load:2.34, Inflammation Score:-5, Nutrition Score:24.137391310995%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 707.7kcal (35.38%), Fat: 32.15g (49.47%), Saturated Fat: 14.28g (89.24%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 37.15g (13.51%), Sugar: 34.22g (38.02%), Cholesterol: 138.35mg (46.12%), Sodium: 2161.03mg (93.96%), Alcohol: 10.62g (100%), Alcohol %: 3.12% (100%), Protein: 49.49g (98.99%), Selenium: 56.32µg (80.46%),

Zinc: 11.84mg (78.9%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 12.3mg (61.52%), Vitamin B6: 1.04mg (52.08%), Phosphorus: 399.97mg (40%), Vitamin B2: 0.6mg (35.35%), Iron: 5.12mg (28.42%), Potassium: 810.23mg (23.15%), Magnesium: 78.6mg (19.65%), Vitamin B1: 0.25mg (16.56%), Manganese: 0.3mg (15.17%), Copper: 0.28mg (14.04%), Calcium: 59.54mg (5.95%), Vitamin C: 4.66mg (5.65%), Folate: 21.61µg (5.4%), Vitamin K: 3.58µg (3.41%), Fiber: 0.59g (2.37%), Vitamin B5: 0.2mg (2.03%), Vitamin D: 0.23µg (1.51%)