



Whiskey Steak

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 2 pounds beef round steak
- 1 tablespoon brown sugar
- 3 tablespoons rosemary fresh chopped
- 2 cloves garlic crushed
- 0.3 cup sweet-hot mustard divided
- 1 tablespoon juice of lemon
- 4 servings salt and pepper to taste

- 0.7 cup bourbon whiskey
- 2 tablespoons worcestershire sauce

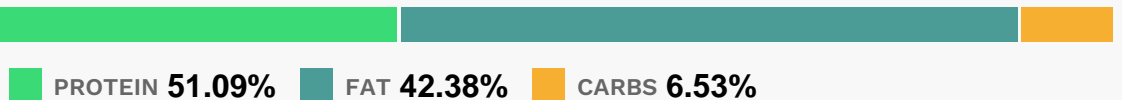
Equipment

- bowl
- frying pan

Directions

- Season the steaks on both sides with salt and pepper. In a small bowl, mix together the garlic and all but 2 teaspoons of the mustard.
- Place the steaks on a plate, and spread half of the garlic mustard mixture over one side of them.
- Let stand for 30 minutes.
- Heat a large skillet over medium-high heat. Fry bacon until crisp, then remove from the pan, leaving the grease. Crumble the bacon and set aside.
- Heat the bacon grease in the skillet over medium-high heat, and add olive oil if necessary to cover the bottom of the pan. Fry steaks mustard side down for about 5 minutes, until golden brown. While the steaks are frying, spread the remaining garlic and mustard over the top. Flip the steaks over, and fry for about 2 minutes, until browned.
- Remove steaks to a serving platter, and keep warm.
- Keep the skillet over medium-high heat, and stir in the rosemary, whiskey, reserved mustard, Worcestershire sauce, brown sugar, and lemon juice. Simmer for about 2 minutes. Top steaks with crumbled bacon and the sauce, and serve.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:28.888695457707%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 543.22kcal (27.16%), Fat: 20.38g (31.35%), Saturated Fat: 6.74g (42.1%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.2g (4.67%), Cholesterol: 157.4mg (52.47%), Sodium: 808.98mg (35.17%), Alcohol: 14.16g (100%), Alcohol %: 5.48% (100%), Protein: 55.28g (110.56%), Selenium: 76.64µg (109.48%), Vitamin B3: 16.76mg (83.81%), Vitamin B6: 1.61mg (80.49%), Vitamin B12: 4.4µg (73.27%), Zinc: 10.18mg (67.87%), Phosphorus: 567.56mg (56.76%), Iron: 5.84mg (32.43%), Potassium: 965.33mg (27.58%), Vitamin B2: 0.42mg (24.54%), Vitamin B1: 0.33mg (21.93%), Magnesium: 72.64mg (18.16%), Vitamin B5: 1.75mg (17.45%), Copper: 0.29mg (14.37%), Folate: 34.08µg (8.52%), Manganese: 0.17mg (8.31%), Calcium: 78.93mg (7.89%), Vitamin E: 0.86mg (5.74%), Fiber: 1.15g (4.59%), Vitamin C: 3.43mg (4.16%), Vitamin K: 3.14µg (2.99%), Vitamin D: 0.31µg (2.1%), Vitamin A: 73.81IU (1.48%)