



## Whiskey Steak

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**574 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
- 1 tablespoon olive oil or as needed

- 4 servings salt and pepper to taste
- 0.7 cup bourbon whiskey
- 2 tablespoons worcestershire sauce

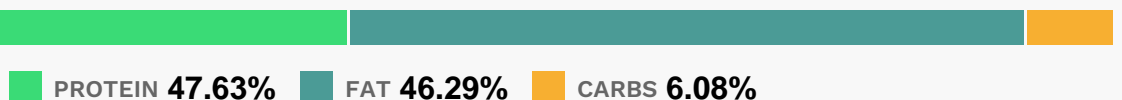
## Equipment

- 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:29.127391172492%

## 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: 574.16kcal (28.71%), Fat: 23.88g (36.74%), Saturated Fat: 7.22g (45.12%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.2g (4.67%), Cholesterol: 157.4mg (52.47%), Sodium: 809.05mg (35.18%), Alcohol: 14.16g (100%), Alcohol %: 5.42% (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: 5.86mg (32.54%), Potassium: 965.36mg (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%), Vitamin E: 1.37mg (9.1%), Folate: 34.08µg (8.52%), Manganese: 0.17mg (8.31%), Calcium: 78.97mg (7.9%), Vitamin K: 5.25µg (5%), Fiber: 1.15g (4.59%), Vitamin C: 3.43mg (4.16%), Vitamin D: 0.31µg (2.1%), Vitamin A: 73.81IU (1.48%)