

Lemon-Pepper Steak

*The Meadowlark Manor - Red Cloud, NE
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 2

*2 beef rib steaks (about 12 ounces each)
2 teaspoons lemon pepper
2 tablespoons butter or margarine
1 tablespoon vegetable oil
salt (to taste)
2 tablespoons green onions and tops, chopped
2 teaspoons flour
1/4 teaspoon salt
1/2 cup heavy cream
1 tablespoon brandy*

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Pat the steaks dry with paper towels. Sprinkle both sides of the steaks with lemon pepper, pressing it into the meat. Cover and let stand for 30 minutes.

In a large skillet, heat one tablespoon of the butter and the oil. Brown the steaks for 3 to 4 minutes on each side. Remove to a hot platter. Sprinkle with salt and keep warm. Pour the fat from the skillet.

Add the remaining one tablespoon of butter to the skillet. Saute' the green onions for 1 minute. Mix in the flour and 1/4 teaspoon of salt. Stir in the cream and brandy gradually. Cook and stir until bubbly.

Pour over the steaks. Serve.

Per Serving (excluding unknown items): 400 Calories; 40g Fat (93.2% calories from fat); 2g Protein; 5g Carbohydrate; trace Dietary Fiber; 113mg Cholesterol; 746mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 8 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	400	Vitamin B6 (mg):	trace
% Calories from Fat:	93.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	5.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	40g	Folacin (mcg):	3mcg
Saturated Fat (g):	22g	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g): 14g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 113mg
Carbohydrate (g): 5g
Dietary Fiber (g): trace
Protein (g): 2g
Sodium (mg): 746mg
Potassium (mg): 51mg
Calcium (mg): 44mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 1308IU
Vitamin A (r.e.): 358RE

Caffeine (mg):
Alcohol (kcal): 17
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 400 **Calories from Fat:** 372

% Daily Values*

Total Fat 40g		62%
Saturated Fat 22g		108%
Cholesterol 113mg		38%
Sodium 746mg		31%
Total Carbohydrates 5g		2%
Dietary Fiber trace		1%
Protein 2g		

Vitamin A		26%
Vitamin C		1%
Calcium		4%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.