



## 30-Minute Filet Bourguignonne with Mashed Potatoes

READY IN



30 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bacon finely chopped
- 1 pound baking potatoes peeled cut into 1-inch pieces
- 1 pound frangelico cut into 2-inch pieces
- 0.5 teaspoon pepper black divided freshly ground
- 5 teaspoons butter divided
- 2 teaspoons flour all-purpose
- 0.5 teaspoon thyme sprigs fresh chopped
- 1 garlic clove finely chopped

- 0.5 teaspoon kosher salt divided
- 3 tablespoons milk 2% reduced-fat
- 1 cup beef broth fat-free
- 8 ounce mushrooms quartered
- 1 cup pearl onions frozen
- 0.5 teaspoon sugar
- 2 teaspoons tomato paste
- 2 tablespoons water
- 0.5 cup red wine

## Equipment

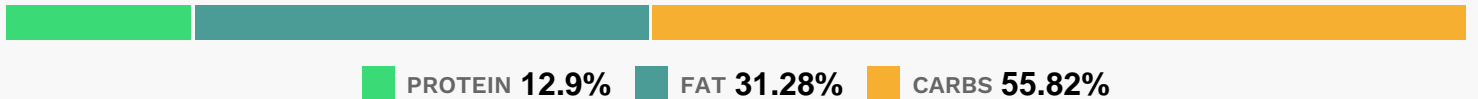
- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- potato masher
- microwave

## Directions

- Place potato in a saucepan over high heat; cover with cool water. Bring to a boil; cook 10 minutes or until very tender.
- Drain. Return potato to pan; keep warm.
- While potato cooks, place onions in a microwave-safe bowl; cover with a paper towel. Microwave at HIGH 4 minutes. Finely chop 1 (2-inch) cube of tenderloin, and set aside. Pat dry the remaining beef cubes with a paper towel; sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat a 12-inch cast-iron skillet over medium-high heat. Melt 1 tablespoon butter in pan; swirl to coat.
- Add seasoned beef cubes; saut 3 minutes, turning to brown on all sides.

- Remove beef from pan.
- Add finely chopped beef and bacon to pan; saut 3 minutes, stirring occasionally.
- Add mushrooms; saut 5 minutes or until mushrooms brown, stirring occasionally.
- Add garlic, chopped thyme, and sugar; saut for 1 minute, stirring constantly.
- Add tomato paste; cook 1 minute, stirring constantly.
- Add wine, and bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes or until liquid is reduced by half.
- Add onions and broth; bring to a boil. Cook for 1 minute.
- Combine 2 tablespoons water and flour in a bowl, stirring with a whisk until smooth.
- Add flour mixture to pan; cook for 1 minute, stirring constantly. Return browned beef cubes to pan; cook 2 minutes or until thoroughly heated and cooked to medium-rare or desired degree of doneness.
- Add the remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, remaining 2 teaspoons butter, and milk to potatoes in saucepan; mash with a potato masher until desired consistency.
- Serve beef and sauce over potatoes; garnish with thyme sprigs, if desired.

## Nutrition Facts



### Properties

Glycemic Index:126.46, Glycemic Load:19.08, Inflammation Score:-7, Nutrition Score:11.792608805325%

### Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg

Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 238.36kcal (11.92%), Fat: 7.86g (12.09%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 28.25g (10.27%), Sugar: 5.97g (6.63%), Cholesterol: 17.97mg (5.99%), Sodium: 518.94mg (22.56%), Alcohol: 3.18g (100%), Alcohol %: 0.86% (100%), Protein: 7.29g (14.58%), Vitamin B6: 0.58mg (28.76%), Potassium: 965.18mg (27.58%), Vitamin B2: 0.33mg (19.42%), Manganese: 0.39mg (19.41%), Vitamin B3: 3.75mg (18.77%), Copper: 0.35mg (17.36%), Vitamin C: 13.35mg (16.18%), Phosphorus: 160.33mg (16.03%), Vitamin B5: 1.37mg (13.67%), Vitamin B1: 0.2mg (13.27%), Fiber: 3.31g (13.24%), Selenium: 8.15µg (11.65%), Magnesium: 45.3mg (11.32%), Folate: 40.17µg (10.04%), Iron: 1.77mg (9.81%), Zinc: 0.93mg (6.23%), Calcium: 52.84mg (5.28%), Vitamin A: 231.68IU (4.63%), Vitamin K: 3.62µg (3.45%), Vitamin E: 0.33mg (2.22%), Vitamin B12: 0.12µg (2.01%)