



Bacon-Wrapped Beef Fillets



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz thick beef tenderloin steaks
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup orange juice
- ☐ 1 tablespoon greek seasoning salt-free
- ☐ 0.3 cup steak sauce
- ☐ 4 slices at least of turkey bacon

Equipment

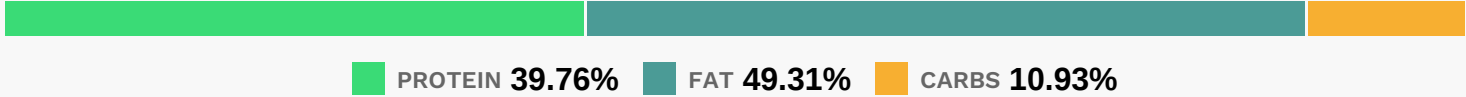
- ☐ grill

- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Combine first 4 ingredients in a shallow dish or large zip-top plastic freezer bag; add steaks, turning to coat. Cover or seal, and let stand 30 minutes.
- ☐ Remove steaks from marinade, and discard marinade. Set steaks aside.
- ☐ Microwave turkey bacon on HIGH 30 seconds.
- ☐ Wrap 1 slice of bacon around each steak, and secure with wooden picks.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 10 minutes on each side or to desired degree of doneness.
- ☐ Remove steaks from grill, and let stand, loosely covered with aluminum foil, 10 minutes before serving.
- ☐ Note: For testing purposes only, we used A1 Steak Sauce.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.88, Inflammation Score:-4, Nutrition Score:16.866956692675%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 290.97kcal (14.55%), Fat: 15.68g (24.12%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 5.98g (2.18%), Sugar: 2.91g (3.23%), Cholesterol: 87.09mg (29.03%), Sodium: 452.58mg (19.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.45g (56.9%), Selenium: 39.35µg (56.22%), Vitamin B3: 8.52mg (42.61%), Vitamin B6: 0.83mg (41.36%), Zinc: 4.92mg (32.83%), Phosphorus: 282.43mg (28.24%), Vitamin K: 24.68µg (23.51%), Iron: 3.51mg (19.49%), Vitamin B12: 1.16µg (19.41%), Potassium: 570.82mg (16.31%), Manganese: 0.23mg (11.45%), Vitamin B1: 0.17mg (11.4%), Vitamin B2: 0.18mg (10.83%), Magnesium: 43.06mg

(10.76%), Vitamin C: 8.84mg (10.72%), Vitamin B5: 0.92mg (9.22%), Calcium: 89.74mg (8.97%), Vitamin E: 1.3mg (8.66%), Copper: 0.15mg (7.73%), Fiber: 1.84g (7.36%), Folate: 29.42µg (7.36%), Vitamin A: 145.53IU (2.91%)