



## Beef Filets with Red Wine Sauce and Roasted Veggie Fries

 Gluten Free

READY IN



88 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 pounds baby carrots with tops, peeled and trimmed
- ☐ 16 ounce beef tenderloin steaks
- ☐ 0.3 teaspoon pepper black freshly ground
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- ☐ 2 tablespoons butter cold cut into pieces
- ☐ 2 teaspoons dijon mustard
- ☐ 2 garlic cloves crushed

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 1.5 cups lower-sodium beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmigiano reggiano cheese finely grated
- ☐ 1 rosemary fresh
- ☐ 1 medium shallots sliced
- ☐ 3 thyme sprigs fresh
- ☐ 0.5 cup cooking wine red (such as pinot noir)
- ☐ 2 tablespoons yellow cornmeal yellow
- ☐ 1 pound yukon gold potatoes cut into wedges

## Equipment

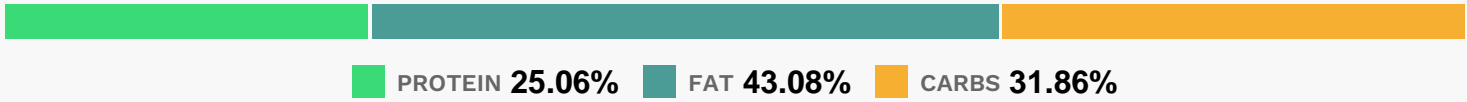
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve

## Directions

- ☐ Place a large baking sheet in oven. Preheat oven to 45
- ☐ To prepare veggies, combine the cornmeal and cheese in a small bowl, stirring well.
- ☐ Place potato and carrots in a large bowl.
- ☐ Drizzle vegetables with 2 tablespoons oil.
- ☐ Sprinkle vegetables with 1/4 teaspoon salt and 1/4 teaspoon pepper; toss.

- ☐ Sprinkle the cornmeal mixture over vegetables; toss. Arrange vegetables in a single layer on preheated baking sheet; bake at 450 for 15 minutes. Turn vegetables over; bake an additional 8 minutes or until golden and tender.
- ☐ To prepare steaks, heat a medium saucepan over medium-high heat.
- ☐ Add wine and the next 4 ingredients (through rosemary) to pan, and bring to a boil. Cook until liquid almost evaporates (about 8 minutes).
- ☐ Add broth; bring to a boil. Cook until reduced to about 1/2 cup (about 13 minutes).
- ☐ Remove from heat; strain mixture through a sieve over a bowl. Discard solids.
- ☐ Heat a cast-iron skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Sprinkle both sides of steaks evenly with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Add steaks to pan; saut for 3 minutes on each side or until desired degree of doneness.
- ☐ Let steaks stand 5 minutes.
- ☐ Heat pan to high heat.
- ☐ Add reduced broth mixture to pan; stir in mustard and remaining 1/8 teaspoon salt.
- ☐ Remove from heat.
- ☐ Add butter to pan, 1 piece at a time, stirring with a whisk until each addition is incorporated.
- ☐ Place 1 steak on each of 4 plates; drizzle each serving with about 1 tablespoon sauce.
- ☐ Sprinkle each steak with 1/2 teaspoon thyme leaves, if desired. Divide the vegetable fries evenly among servings.

## Nutrition Facts



## Properties

Glycemic Index:128.81, Glycemic Load:17.3, Inflammation Score:0, Nutrition Score:30.474782781109%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg,

Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 526.94kcal (26.35%), Fat: 24.29g (37.36%), Saturated Fat: 8.08g (50.5%), Carbohydrates: 40.41g (13.47%), Net Carbohydrates: 32g (11.63%), Sugar: 9.86g (10.96%), Cholesterol: 89.32mg (29.77%), Sodium: 845.81mg (36.77%), Alcohol: 3.12g (100%), Alcohol %: 0.71% (100%), Protein: 31.79g (63.58%), Vitamin A: 23693.06IU (473.86%), Vitamin B6: 1.31mg (65.62%), Selenium: 38.6µg (55.15%), Vitamin B3: 9.64mg (48.22%), Potassium: 1550.69mg (44.31%), Phosphorus: 395.5mg (39.55%), Zinc: 5.47mg (36.44%), Vitamin C: 28.96mg (35.1%), Fiber: 8.42g (33.66%), Manganese: 0.61mg (30.63%), Iron: 4.86mg (27%), Vitamin K: 26.89µg (25.61%), Folate: 84µg (21%), Magnesium: 83.64mg (20.91%), Copper: 0.41mg (20.67%), Vitamin B5: 1.85mg (18.54%), Vitamin B12: 1.1µg (18.28%), Vitamin B1: 0.26mg (17.05%), Vitamin B2: 0.26mg (15.42%), Vitamin E: 2.08mg (13.84%), Calcium: 138.36mg (13.84%)