



Beef Filets with Red Wine Sauce and Roasted Veggie Fries

 Gluten Free

READY IN



88 min.

SERVINGS



4

CALORIES



526 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
- ☐ 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 sprig fresh
- ☐ 1 medium shallots sliced
- ☐ 3 thyme sprigs fresh
- ☐ 0.5 cup earthy red wine (such as pinot noir)
- ☐ 2 tablespoons cornmeal yellow
- ☐ 1 pound yukon gold potatoes cut into wedges

Equipment

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

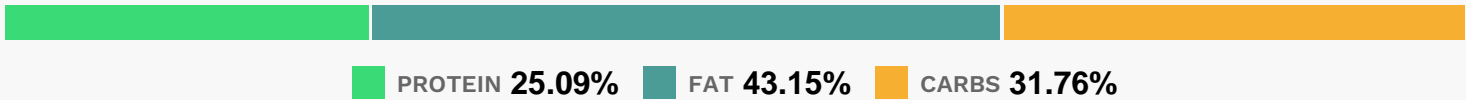
Directions

- ☐ 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:103.31, Glycemic Load:17.26, Inflammation Score:-10, Nutrition Score:30.120434805751%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg 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: 526.16kcal (26.31%), Fat: 24.29g (37.38%), Saturated Fat: 8.08g (50.52%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 31.82g (11.57%), Sugar: 9.63g (10.7%), Cholesterol: 89.32mg (29.77%), Sodium: 844.33mg (36.71%), Alcohol: 3.07g (100%), Alcohol %: 0.7% (100%), Protein: 31.79g (63.57%), Vitamin A: 23698.9IU (473.98%), Vitamin B6: 1.3mg (64.81%), Selenium: 38.53µg (55.05%), Vitamin B3: 9.6mg (47.98%), Potassium: 1520.76mg (43.45%), Phosphorus: 389.45mg (38.94%), Zinc: 5.43mg (36.18%), Vitamin C: 29mg (35.15%), Fiber: 8.41g (33.63%), Manganese: 0.56mg (28.06%), Iron: 4.75mg (26.37%), Vitamin K: 26.69µg (25.41%), Folate: 83.87µg (20.97%), Copper: 0.41mg (20.52%), Magnesium: 80.3mg (20.08%), Vitamin B5: 1.84mg (18.43%), Vitamin B12: 1.1µg (18.28%), Vitamin B1: 0.25mg (16.94%), Vitamin B2: 0.26mg (15.02%), Vitamin E: 2.08mg (13.83%), Calcium: 135.88mg (13.59%)