



 **68%**
HEALTH SCORE

Beef Filets with Vegetables

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup no-salt-added beef broth divided
- 16 ounce beef tenderloin steaks ()
- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons flour all-purpose
- 2 teaspoons thyme or dried fresh minced
- 2 large garlic cloves halved
- 1 teaspoon olive oil
- 1 small onion thinly sliced

- 2 medium size bell peppers red seeded cut into thin strips
- 2 medium zucchini thinly sliced

Equipment

- frying pan
- grill

Directions

- Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add pepper strips, zucchini, and onion; cook 5 minutes, stirring often.
- Add 1/2 cup broth and thyme. Cover, reduce heat, and simmer 5 minutes.
- Combine remaining 1/2 cup broth and flour, stirring well.
- Add to vegetable mixture, stirring well. Cook, stirring constantly, until slightly thickened and bubbly.
- Prepare grill.
- Rub steaks with garlic halves, and sprinkle with 1/2 teaspoon black pepper. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place steak on rack, and grill, covered, 4 minutes on each side or to desired degree of doneness. Spoon vegetables evenly onto individual serving plates; arrange steaks over vegetables.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:2.14, Inflammation Score:-9, Nutrition Score:26.251738879992%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 279.62kcal (13.98%), Fat: 12.51g (19.24%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.22g (2.62%), Sugar: 5.72g (6.35%), Cholesterol: 87.83mg (29.28%), Sodium: 417.71mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.4g (62.8%), Vitamin C: 103.34mg (125.26%), Selenium: 40.88µg (58.41%), Vitamin B6: 1.16mg (58.18%), Vitamin B3: 9.44mg (47.21%), Vitamin A: 2079.8IU (41.6%), Zinc: 5.86mg (39.05%), Phosphorus: 332.61mg (33.26%), Vitamin B12: 1.56µg (25.96%), Potassium: 906.69mg (25.91%), Iron: 3.67mg (20.37%), Vitamin B2: 0.33mg (19.68%), Manganese: 0.38mg (19.2%), Folate: 73.66µg (18.41%), Vitamin K: 18.17µg (17.31%), Magnesium: 58.69mg (14.67%), Vitamin B5: 1.32mg (13.23%), Vitamin B1: 0.19mg (12.94%), Fiber: 2.83g (11.34%), Vitamin E: 1.6mg (10.66%), Copper: 0.2mg (9.98%), Calcium: 64.23mg (6.42%)