



Beef Fillet with Merlot Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 2 fillet beef steaks thick
- ☐ 0.3 cup merlot dry red
- ☐ 2 slices pancetta thin 2 oz. total
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon raspberry jam seedless
- ☐ 2 servings salt

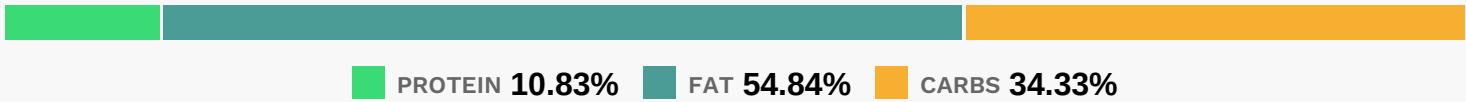
Equipment

☐ frying pan

Directions

- ☐ In a 1- to 2-quart pan over high heat, stir broth, Merlot, jam, and pepper until boiling, then boil until reduced to 1/3 cup, about 7 minutes total.
- ☐ Meanwhile, unroll pancetta and wrap a slice around the rim of each steak. Broil steaks on a rack in a pan 4 to 6 inches from heat until browned, 6 to 7 minutes. Turn steaks over and broil until tops are browned, 6 to 7 minutes more for rare. Cook longer, if desired.
- ☐ Put steaks on warm plates and spoon sauce over them.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:3.76, Inflammation Score:-1, Nutrition Score:1.5652173913043%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 115.91kcal (5.8%), Fat: 5.7g (8.77%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.86g (2.86%), Sugar: 4.85g (5.39%), Cholesterol: 9.24mg (3.08%), Sodium: 512.92mg (22.3%), Alcohol: 3.15g (100%), Alcohol %: 3.45% (100%), Protein: 2.53g (5.07%), Vitamin B3: 1.04mg (5.19%), Selenium: 3.45µg (4.92%), Phosphorus: 30.25mg (3.03%), Vitamin B1: 0.04mg (2.78%), Vitamin B6: 0.05mg (2.3%), Manganese: 0.04mg (2.2%), Potassium: 71.18mg (2.03%), Vitamin B2: 0.03mg (1.88%), Vitamin B12: 0.11µg (1.87%), Iron: 0.23mg (1.3%), Zinc: 0.17mg (1.16%), Vitamin C: 0.88mg (1.07%)