



Beef Fillets with Vegetables

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 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 cup low-salt beef broth divided
- 1 teaspoon olive oil
- 1 small onion thinly sliced

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

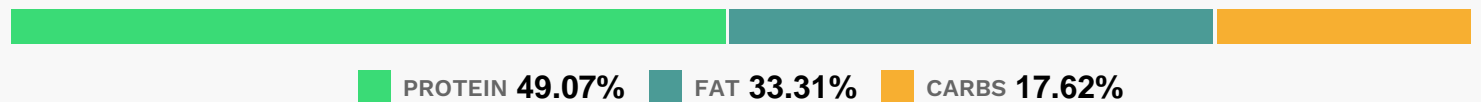
Equipment

- frying pan
- whisk
- grill

Directions

- Prepare grill.
- Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add bell 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 1/2 cup broth and flour, stirring well with a whisk.
- Add to vegetable mixture, stirring well. Cook, stirring constantly, until slightly thickened and bubbly.
- Rub steaks with garlic halves; sprinkle with 1/2 teaspoon black pepper.
- Place steaks on grill rack coated with cooking spray; grill, covered, 4 minutes on each side or until desired degree of doneness. Spoon vegetables evenly onto individual serving plates; arrange steaks over vegetables.
- carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:2.14, Inflammation Score:-9, Nutrition Score:24.555652162303%

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: 227.88kcal (11.39%), Fat: 8.43g (12.97%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 7.2g (2.62%), Sugar: 5.72g (6.35%), Cholesterol: 72.57mg (24.19%), Sodium: 297.11mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.94g (55.87%), Vitamin C: 95.71mg (116.02%), Vitamin B6: 1.09mg (54.39%), Selenium: 35.94µg (51.34%), Vitamin B3: 8.88mg (44.38%), Vitamin A: 2079.8IU (41.6%), Zinc: 5.05mg (33.68%), Phosphorus: 307.36mg (30.74%), Potassium: 855.19mg (24.43%), Manganese: 0.38mg (19.21%), Folate: 73.44µg (18.36%), Iron: 3.29mg (18.29%), Vitamin B12: 1.1µg (18.28%), Vitamin B2: 0.3mg (17.82%), Vitamin K: 18.17µg (17.31%), Magnesium: 55.93mg (13.98%), Vitamin B1: 0.18mg (12.21%), Vitamin B5: 1.17mg (11.74%), Fiber: 2.83g (11.34%), Vitamin E: 1.6mg (10.66%), Copper: 0.17mg (8.43%), Calcium: 65.85mg (6.59%)