



Beef Fillets with Wine Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 inch beef tenderloin steaks
- ☐ 0.3 cup butter cut into pieces
- ☐ 10.8 ounce beef broth undiluted canned
- ☐ 2 garlic cloves pressed
- ☐ 3 tablespoons peppercorns green
- ☐ 1 cup fetzer eagle peak merlot
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon pepper freshly ground

☐ 0.5 teaspoon salt

Equipment

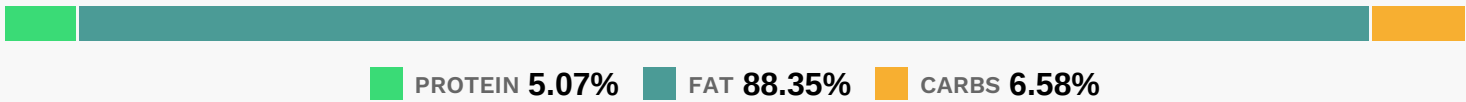
☐ frying pan

☐ whisk

Directions

- ☐ Sprinkle steaks evenly with salt and pepper.
- ☐ Brown steaks in hot oil in a skillet over high heat.
- ☐ Remove from pan.
- ☐ Add broth, wine, and garlic to skillet; cook mixture over high heat 15 minutes. Return steaks to pan, and cook 5 to 6 minutes on each side or to desired degree of doneness.
- ☐ Remove pan from heat; remove steaks, reserving sauce in pan.
- ☐ Add peppercorns to sauce, and gradually whisk in butter.
- ☐ Serve sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:2.2286956647168%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 155.83kcal (7.79%), Fat: 12.63g (19.44%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.26g (0.28%), Cholesterol: 2.44mg (0.81%), Sodium: 628.33mg (27.32%), Alcohol: 4.17g (100%), Alcohol %: 4.56% (100%), Protein: 1.63g (3.26%), Vitamin A: 340.24IU (6.8%), Vitamin E: 0.98mg (6.54%), Manganese: 0.12mg (5.86%), Vitamin B3: 0.74mg (3.71%), Vitamin B6: 0.07mg (3.27%), Vitamin K: 3.42µg (3.25%), Potassium: 103.37mg (2.95%), Phosphorus: 27.84mg (2.78%), Selenium: 1.76µg (2.51%), Iron: 0.41mg (2.25%), Magnesium: 7.72mg (1.93%), Vitamin B2: 0.03mg (1.92%), Zinc: 0.22mg (1.48%), Vitamin B12: 0.08µg

(1.34%), Calcium: 13.32mg (1.33%)