



## Beef Gorgonzola

 Gluten Free

READY IN



66 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 36 oz frangelico
- 2 tablespoons butter
- 8 oz mushrooms fresh sliced
- 4 ounces gorgonzola crumbled
- 6 servings gorgonzola crumbled
- 1 medium onion thinly sliced
- 0.3 teaspoon pepper
- 0.8 teaspoon salt

- 1 pt whipping cream

## Equipment

- frying pan
- sauce pan
- whisk
- grill
- grill pan

## Directions

- Melt butter in a large skillet over medium-high heat; add onion, and cook, stirring often, 6 to 8 minutes or until tender.
- Add mushrooms, and cook, stirring often, 5 minutes. Reduce heat to medium, and cook 5 more minutes or until mushrooms are tender.
- Bring whipping cream to a boil in a medium saucepan over medium heat. Reduce heat to low, and simmer, stirring often, 15 minutes or until slightly thickened.
- Whisk crumbled cheese into whipping cream, and cook, whisking often, over medium heat 4 minutes or until cheese is melted. Stir in onion mixture. Keep warm.
- Sprinkle fillets with salt and pepper. Grill fillets, covered with grill lid, over medium-high heat (350 to 400°F)
- to 8 minutes on each side or to desired degree of doneness.
- Remove from grill, and let stand 10 minutes.
- Serve with warm cheese sauce.
- Garnish, if desired.
- Note: To make recipe on an indoor grill pan, prepare as directed through Step 4.
- Heat a nonstick grill pan over medium-high heat.
- Sprinkle fillets with salt and pepper. Cook fillets 4 to 5 minutes on each side or to desired degree of doneness. Proceed with recipe as directed.

## Nutrition Facts



■ PROTEIN 7.97% ■ FAT 86.29% ■ CARBS 5.74%

## Properties

Glycemic Index:32.5, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:8.391304306362%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 387.7kcal (19.38%), Fat: 38.11g (58.64%), Saturated Fat: 24.29g (151.79%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5g (1.82%), Sugar: 3.93g (4.37%), Cholesterol: 114.07mg (38.02%), Sodium: 573.47mg (24.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.83%), Vitamin A: 1428.56IU (28.57%), Vitamin B2: 0.38mg (22.52%), Calcium: 164.14mg (16.41%), Phosphorus: 161.83mg (16.18%), Selenium: 8.91µg (12.73%), Vitamin B5: 1.14mg (11.4%), Vitamin D: 1.44µg (9.58%), Vitamin B3: 1.64mg (8.21%), Potassium: 275.12mg (7.86%), Copper: 0.15mg (7.27%), Vitamin B12: 0.39µg (6.53%), Zinc: 0.95mg (6.35%), Vitamin B6: 0.12mg (6.12%), Vitamin E: 0.89mg (5.95%), Folate: 20.38µg (5.1%), Vitamin B1: 0.06mg (4.06%), Magnesium: 15.58mg (3.89%), Vitamin K: 3.54µg (3.37%), Vitamin C: 2.62mg (3.18%), Fiber: 0.71g (2.84%), Manganese: 0.06mg (2.77%), Iron: 0.38mg (2.11%)