



Beef Medallions with Bacon and Morels

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon
- ☐ 2 pound beef teres majors cut into 8 medallions
- ☐ 0.5 cup madeira wine
- ☐ 16 morels dried fresh drained and rinsed boiling rinsed for 30 minutes,
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings salt
- ☐ 4 large scallions cut into 1/2-inch lengths large
- ☐ 0.8 cup mushroom stock low-sodium
- ☐ 2 tablespoons butter unsalted cold

☐ 2 tablespoons vegetable oil

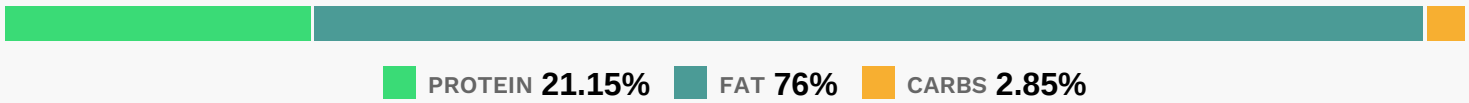
Equipment

- ☐ frying pan
- ☐ toothpicks
- ☐ kitchen thermometer

Directions

- ☐ Wrap a slice of bacon around each beef medallion and secure with toothpicks. Season with salt and pepper. In a skillet, heat the oil until shimmering.
- ☐ Add the medallions and cook over moderately high heat until browned on the bottom, 2 minutes; turn and cook for 1 minute.
- ☐ Add the morels and scallions and cook over moderate heat until the scallions are tender.
- ☐ Transfer the meat to a plate. Cook the vegetables for 2 minutes more, add the Madeira and simmer for 2 minutes.
- ☐ Add the meat and stock and simmer over moderately low heat, turning, until an instant-read thermometer inserted in the center of the meat registers 140, about 3 minutes.
- ☐ Transfer the meat to plates; discard the toothpicks.
- ☐ Remove the skillet from the heat and swirl in the butter. Season with salt and pepper, spoon over the meat and serve.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:32.836086729298%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg

0.34mg, Kaempferol: 0.34mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 925.77kcal (46.29%), Fat: 75.91g (116.79%), Saturated Fat: 28.01g (175.05%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.24g (1.38%), Cholesterol: 205.12mg (68.37%), Sodium: 667.42mg (29.02%), Alcohol: 3.09g (100%), Alcohol %: 0.9% (100%), Protein: 47.54g (95.07%), Vitamin B12: 5.13µg (85.49%), Zinc: 11.23mg (74.88%), Vitamin B3: 13.29mg (66.46%), Vitamin K: 69.11µg (65.82%), Iron: 11.42mg (63.46%), Selenium: 44.25µg (63.22%), Phosphorus: 551.57mg (55.16%), Vitamin B6: 0.95mg (47.75%), Vitamin B2: 0.52mg (30.44%), Potassium: 1042.95mg (29.8%), Copper: 0.53mg (26.32%), Manganese: 0.42mg (20.95%), Vitamin D: 3.14µg (20.93%), Vitamin B1: 0.27mg (18.02%), Vitamin B5: 1.65mg (16.51%), Magnesium: 62.4mg (15.6%), Vitamin E: 1.98mg (13.17%), Folate: 37.05µg (9.26%), Calcium: 89.92mg (8.99%), Vitamin A: 441.01IU (8.82%), Fiber: 2.12g (8.48%), Vitamin C: 4.7mg (5.7%)