

Beef Tenderloin and Mushrooms in Garlic Butter Sauce

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 oz portabello mushrooms sliced
- 1.8 lb beef tenderloin steaks thick
- 6 tablespoons butter cold
- 2 cloves garlic finely chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.8 cup wine dry white

Equipment

- frying pan
- whisk

Directions

- In 10-inch skillet, melt 1 tablespoon of the butter over medium-high heat.
- Sprinkle beef steaks with salt and pepper. Cook beef in butter 6 to 8 minutes, turning once, until deep brown. Reduce heat to low. Cover; cook 6 to 8 minutes (beef will be almost done and continue to cook while standing).
- Remove beef to platter; cover to keep warm.
- Increase heat to medium.
- Add 1 tablespoon of the remaining butter to skillet.
- Add mushrooms and garlic. Cook 3 to 4 minutes, stirring once or twice, until tender.
- Add wine. Cook 4 to 5 minutes, stirring occasionally, until reduced to about one-third and mixture is slightly thick.
- Remove from heat.
- Beat remaining butter, 1 tablespoon at a time, into sauce with wire whisk just until melted.
- Serve mushrooms and sauce over beef.

Nutrition Facts

PROTEIN 39.71% **FAT 57.87%** **CARBS 2.42%**

Properties

Glycemic Index:31.75, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:22.471304471078%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 489.18kcal (24.46%), Fat: 28.9g (44.46%), Saturated Fat: 15.16g (94.75%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.08g (1.2%), Cholesterol: 172.16mg (57.39%), Sodium: 539.62mg (23.46%), Alcohol: 4.64g (100%), Alcohol %: 2.01% (100%), Protein: 44.62g (89.24%), Selenium: 65.61µg (93.74%), Vitamin B3: 13.9mg (69.5%), Vitamin B6: 1.31mg (65.66%), Zinc: 8.1mg (54.02%), Phosphorus: 457.18mg (45.72%), Vitamin B12: 1.89µg (31.56%), Potassium: 837.52mg (23.93%), Iron: 3.42mg (18.99%), Vitamin B2: 0.28mg (16.6%), Vitamin B5: 1.62mg (16.23%), Magnesium: 51.16mg (12.79%), Copper: 0.23mg (11.5%), Vitamin B1: 0.17mg (11.19%), Vitamin A: 525.61IU (10.51%), Folate: 33.89µg (8.47%), Vitamin E: 1.11mg (7.4%), Manganese: 0.13mg (6.67%), Calcium: 56.94mg (5.69%), Vitamin K: 4.26µg (4.06%), Fiber: 0.39g (1.54%)