



Beef Tenderloin Asturias

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beef broth
- 24 ounce beef tenderloin steaks
- 4 ounces cheese blue spanish such as cabrales or valdeon
- 0.3 cup wine dry white
- 0.3 cup olive oil
- 1 small onion minced
- 1 tablespoon paprika
- 2 tablespoons parsley chopped

4 servings salt and pepper to taste

Equipment

frying pan

Directions

Heat olive oil in a large skillet over medium-high heat until smoking. Season steaks to taste with salt and pepper, then sear on both sides in hot oil. Reduce heat to medium and continue cooking until steaks reach desired doneness, about 6 minutes for medium-rare.

Remove steaks from skillet and keep warm.

Stir in minced onion and cook until softened and translucent, about 5 minutes. Season with paprika and cook for an additional minute. Increase heat to medium-high, then pour in wine. Simmer until the wine has reduced by half, then add the beef broth, return to a simmer, and cook for 2 minutes. Stir in the crumbled blue cheese until just melted.

To serve, pour the sauce over the steaks and sprinkle with chopped parsley.

Nutrition Facts

 **PROTEIN 36.94%** **FAT 59.93%** **CARBS 3.13%**

Properties

Glycemic Index:29, Glycemic Load:0.67, Inflammation Score:-8, Nutrition Score:24.919130219066%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 498.21kcal (24.91%), Fat: 32.05g (49.3%), Saturated Fat: 10.97g (68.57%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.23g (1.36%), Cholesterol: 130.12mg (43.37%), Sodium: 728.99mg (31.7%),

Alcohol: 1.54g (100%), Alcohol %: 0.7% (100%), Protein: 44.44g (88.88%), Selenium: 56.42µg (80.59%), Vitamin B6: 1.18mg (58.79%), Vitamin B3: 11.66mg (58.31%), Zinc: 7.65mg (51.02%), Phosphorus: 483.55mg (48.35%), Vitamin K: 45.18µg (43.03%), Vitamin B12: 1.95µg (32.48%), Vitamin A: 1247.08IU (24.94%), Potassium: 778.27mg (22.24%), Vitamin E: 3.07mg (20.47%), Vitamin B2: 0.35mg (20.34%), Calcium: 201.3mg (20.13%), Iron: 3.51mg (19.49%), Vitamin B5: 1.68mg (16.79%), Magnesium: 53.61mg (13.4%), Vitamin B1: 0.15mg (10.07%), Folate: 40.29µg (10.07%), Copper: 0.16mg (8.18%), Vitamin C: 3.97mg (4.81%), Manganese: 0.1mg (4.8%), Fiber: 0.97g (3.9%)