

health-score 65%

HEALTH SCORE

Beef Tenderloin Bites on a Bed of Arugula

Very Healthy

READY IN

ready

22 min.

SERVINGS

servings

4

CALORIES

calories

1817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups arugula chopped
- ☐ 10 basil leaves shredded
- ☐ 1.5 cups bread crumbs italian
- ☐ 1 tablespoon butter cut into small bits
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 Handful flat-leaf parsley chopped

- ☐ 2 cloves garlic chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin for drizzling
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano
- ☐ 4 servings parmigiano shredded
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 pound vermicelli
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 2 shallots thinly sliced
- ☐ 0.5 pound mushroom caps stemmed thinly sliced
- ☐ 1 pound pasta like spaghetti thin
- ☐ 4 tenderloin steaks cut into bite sized pieces
- ☐ 8 ounces weight shredded drained

Equipment

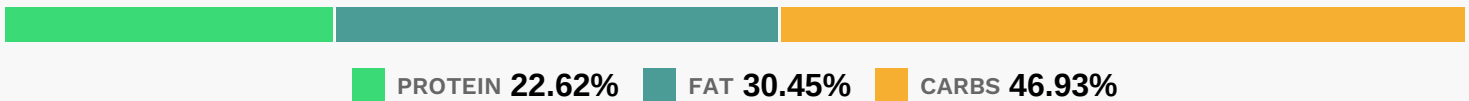
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Mix bread crumbs with parsley, cheese. Warm the oil and garlic over low heat to infuse flavor, 5 minutes.
- ☐ Pour oil into bread crumbs and combine to distribute equally and moisten the bread crumbs.
- ☐ Season the meat with salt and pepper. Coat the meat in bread crumb mixture to coat evenly.

- ☐ Spread meat onto baking sheet and broil until crisp and meat is tender, 6 to 7 minutes.
- ☐ Serve meat on bed of shredded arugula with pasta alongside, such as Spicy Crab and Vermicelli. Give a squeeze of lemon juice over the beef and arugula.
- ☐ Place a large pot of water on to boil.
- ☐ Add pasta and salt water. Cook to al dente.
- ☐ While water comes to a boil, heat a deep skillet over medium heat.
- ☐ Add extra-virgin olive oil and butter. To warm oil and butter add crushed red pepper flakes, garlic and shallots, saute 3 minutes, add shiitake mushrooms and cook until tender, 3 to 4 minutes more. Deglaze the pan with sherry or Marsala wine, scatter in crabmeat – feeling for shell bits as you go. Warm the ingredients through, a minute or so, stir in tomatoes and heat through, 2 to 3 minutes. Stir in half-and-half or cream and reduce heat to lowest setting.
- ☐ Drain pasta when cooked to al dente and toss with sauce and crab. Top with cheese, if using, and basil.

Nutrition Facts



Properties

Glycemic Index:128.25, Glycemic Load:94.05, Inflammation Score:-10, Nutrition Score:63.080435027247%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.75mg, Kaempferol: 8.75mg, Kaempferol: 8.75mg, Kaempferol: 8.75mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 1816.53kcal (90.83%), Fat: 60.58g (93.2%), Saturated Fat: 22.65g (141.54%), Carbohydrates: 210.03g (70.01%), Net Carbohydrates: 198g (72%), Sugar: 19.03g (21.14%), Cholesterol: 221.69mg (73.9%), Sodium: 2227.27mg (96.84%), Alcohol: 1.54g (100%), Alcohol %: 0.21% (100%), Protein: 101.26g (202.52%), Selenium: 193.66µg (276.66%), Phosphorus: 1451.07mg (145.11%), Vitamin B12: 7.74µg (129.07%), Manganese: 2.37mg

(118.39%), Zinc: 17.4mg (115.97%), Vitamin B6: 2.3mg (115.15%), Vitamin B3: 22.71mg (113.54%), Copper: 1.62mg (81.04%), Calcium: 760.12mg (76.01%), Vitamin K: 75.42µg (71.82%), Potassium: 2214.34mg (63.27%), Magnesium: 244.88mg (61.22%), Iron: 10.5mg (58.31%), Vitamin B2: 0.82mg (48.23%), Fiber: 12.04g (48.14%), Vitamin E: 6.81mg (45.38%), Vitamin B5: 4.04mg (40.39%), Vitamin C: 32.65mg (39.58%), Folate: 154.13µg (38.53%), Vitamin A: 1883.97IU (37.68%), Vitamin B1: 0.55mg (36.73%), Vitamin D: 0.68µg (4.52%)