



Beef Tenderloin Fillets with Green Peppercorn Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef tenderloin fillets
- 2 tablespoons butter
- 1 cup chicken broth
- 0.1 teaspoon dijon mustard
- 20 peppercorns green
- 2 cups marsala wine
- 2 cups whipping cream

Equipment

frying pan

Directions

- Melt butter in a large skillet over medium-high heat.
- Add fillets, and cook 6 minutes on each side or to desired degree of doneness.
- Remove fillets from skillet, and keep warm.
- Add wine, broth, and peppercorns to skillet; cook 20 minutes or until liquid is reduced by half. Stir in cream and mustard; cook 20 minutes or until liquid is reduced by half. Return fillets to skillet, and serve warm.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:13.28826086628%

Flavonoids

Petunidin: 15.91mg, Petunidin: 15.91mg, Petunidin: 15.91mg, Petunidin: 15.91mg Delphinidin: 9.36mg, Delphinidin: 9.36mg, Delphinidin: 9.36mg, Delphinidin: 9.36mg Malvidin: 227.59mg, Malvidin: 227.59mg, Malvidin: 227.59mg, Malvidin: 227.59mg Peonidin: 9.43mg, Peonidin: 9.43mg, Peonidin: 9.43mg, Peonidin: 9.43mg Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg Epicatechin: 18.14mg, Epicatechin: 18.14mg, Epicatechin: 18.14mg, Epicatechin: 18.14mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 1305.1kcal (65.26%), Fat: 97.45g (149.92%), Saturated Fat: 57.09g (356.84%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 41.09g (14.94%), Sugar: 26.13g (29.03%), Cholesterol: 271.29mg (90.43%), Sodium: 911.24mg (39.62%), Alcohol: 36.72g (100%), Alcohol %: 5.5% (100%), Protein: 8.13g (16.26%), Vitamin A: 4001.95IU (80.04%), Vitamin B2: 0.57mg (33.26%), Vitamin D: 3.81µg (25.39%), Calcium: 185.38mg (18.54%), Vitamin E: 2.67mg (17.81%), Manganese: 0.34mg (17.17%), Phosphorus: 167.9mg (16.79%), Potassium: 474.4mg (13.55%), Selenium: 8.92µg (12.74%), Magnesium: 40.01mg (10%), Vitamin B1: 0.12mg (7.83%), Copper: 0.15mg (7.6%), Vitamin K: 7.62µg (7.26%), Vitamin B5: 0.71mg (7.07%), Vitamin B12: 0.42µg (6.97%), Zinc: 0.82mg (5.49%), Iron: 0.9mg (5.01%), Vitamin B3: 0.93mg (4.63%), Vitamin B6: 0.08mg (4.24%), Folate: 9.68µg (2.42%), Vitamin C: 1.46mg (1.77%)