



Beef Tenderloin Steak with Cherry-Port Sauce



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cherry juice black
- ☐ 0.3 cup cherries dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large garlic clove minced
- ☐ 0.5 cup low-salt beef broth
- ☐ 1 teaspoon olive oil

- ☐ 1 cup port sweet divided
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced (1 medium)

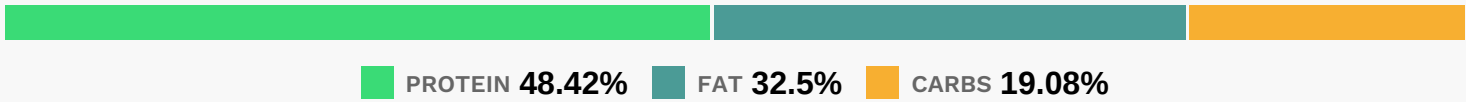
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine cherries, 1/4 cup port, and juice in a small bowl.
- ☐ Let stand 30 minutes for cherries to absorb most of the liquid.
- ☐ Coat steaks with cooking spray; sprinkle with salt and pepper. Cook steaks in a large nonstick skillet over medium heat 5 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks; keep warm.
- ☐ Heat oil in pan over medium–high heat.
- ☐ Add shallot and garlic; saut 1 1/2 minutes. Stir in cherry mixture, 3/4 cup port, broth, and thyme. Bring to a boil; cook 10 minutes or until reduced to 1/2 cup.
- ☐ Pour sauce over steaks.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:13.196521699429%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg

Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 267.2kcal (13.36%), Fat: 7.81g (12.02%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 9.35g (3.4%), Sugar: 6.17g (6.86%), Cholesterol: 72.57mg (24.19%), Sodium: 324.99mg (14.13%), Alcohol: 6.36g (100%), Alcohol %: 3.46% (100%), Protein: 26.19g (52.38%), Selenium: 35.1µg (50.14%), Vitamin B6: 0.77mg (38.51%), Vitamin B3: 7.66mg (38.29%), Zinc: 4.62mg (30.83%), Phosphorus: 259.3mg (25.93%), Vitamin B12: 1.08µg (17.93%), Potassium: 541.45mg (15.47%), Iron: 2.6mg (14.44%), Vitamin B2: 0.16mg (9.49%), Magnesium: 35.61mg (8.9%), Vitamin B5: 0.78mg (7.8%), Manganese: 0.15mg (7.4%), Vitamin B1: 0.09mg (6.19%), Vitamin A: 275.84IU (5.52%), Copper: 0.1mg (5.11%), Calcium: 45.81mg (4.58%), Folate: 18.03µg (4.51%), Vitamin K: 4.6µg (4.38%), Fiber: 0.97g (3.87%), Vitamin E: 0.51mg (3.39%)