



Beef Tenderloin Steaks and Balsamic Green Beans

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 16 ounce beef tenderloin steaks
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter divided
- ☐ 3 garlic cloves minced
- ☐ 2 cups green beans trimmed
- ☐ 0.5 cup lower-sodium beef broth fat-free

- ☐ 1 cup onion red vertically sliced
- ☐ 0.3 teaspoon salt divided
- ☐ 0.3 cup shallots sliced
- ☐ 1 cup onion yellow vertically sliced

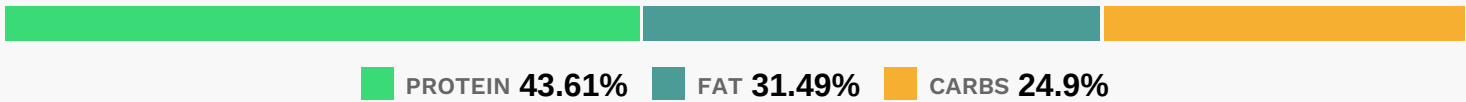
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt 1 teaspoon butter in a medium saucepan over medium-high heat.
- ☐ Add onions and shallots; saut 6 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add broth; cook 4 minutes or until onions are tender and liquid almost evaporates.
- ☐ Add beans and vinegar; cover and cook 4 minutes or until beans are crisp-tender.
- ☐ Remove from heat. Stir in remaining 1 teaspoon butter and 1/8 teaspoon salt; keep warm.
- ☐ Sprinkle steaks with remaining 1/8 teaspoon salt and pepper.
- ☐ Heat a cast-iron skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Serve with bean mixture.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:4.24, Inflammation Score:-7, Nutrition Score:18.251304191092%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 17.78mg, Quercetin: 17.78mg, Quercetin: 17.78mg, Quercetin: 17.78mg

Nutrients (% of daily need)

Calories: 258.03kcal (12.9%), Fat: 8.98g (13.82%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 12.58g (4.57%), Sugar: 7.57g (8.41%), Cholesterol: 77.95mg (25.98%), Sodium: 289.31mg (12.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.98%), Selenium: 35.84µg (51.21%), Vitamin B6: 0.96mg (47.91%), Vitamin B3: 7.81mg (39.05%), Zinc: 4.87mg (32.44%), Phosphorus: 295.73mg (29.57%), Vitamin K: 25.87µg (24.64%), Potassium: 763.94mg (21.83%), Vitamin B12: 1.06µg (17.65%), Vitamin C: 14.51mg (17.59%), Manganese: 0.34mg (17.1%), Iron: 2.84mg (15.76%), Fiber: 3.4g (13.59%), Folate: 53.28µg (13.32%), Magnesium: 52.73mg (13.18%), Vitamin B2: 0.22mg (12.89%), Vitamin B1: 0.18mg (11.96%), Vitamin B5: 1.02mg (10.18%), Copper: 0.18mg (8.95%), Vitamin A: 445.05IU (8.9%), Calcium: 76.64mg (7.66%), Vitamin E: 0.66mg (4.4%)