



Beef Tenderloin Steaks with Port Reduction and Blue Cheese

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



65 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 16 ounce filet mignon steaks trimmed
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons less-sodium beef broth fat-free
- ☐ 0.8 cup port sweet

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons jellied cranberry sauce

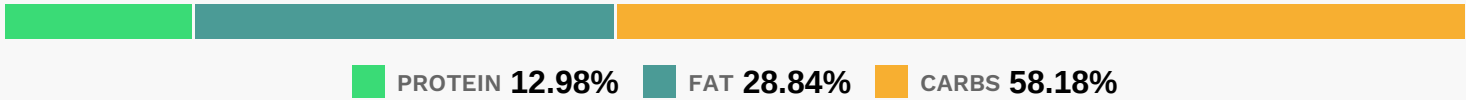
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Sprinkle steaks with 1/4 teaspoon salt and 1/4 teaspoon pepper; coat steaks with cooking spray.
- ☐ Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan; keep warm.
- ☐ Add port, cranberry sauce, broth, 1/8 teaspoon salt, 1/8 teaspoon pepper, and garlic to pan, scraping pan to loosen browned bits. Reduce heat, and cook until liquid is reduced to 1/4 cup (about 4 minutes).
- ☐ Serve steaks with sauce; top with cheese.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:1.2473912909627%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 64.58kcal (3.23%), Fat: 1.03g (1.58%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.51g (1.64%), Sugar: 2.69g (2.99%), Cholesterol: 2.63mg (0.88%), Sodium: 274.16mg (11.92%), Alcohol: 4.77g (100%), Alcohol %: 3.39% (100%), Protein: 1.04g (2.08%), Manganese: 0.1mg (5.06%), Phosphorus: 25.64mg (2.56%), Potassium: 88.54mg (2.53%), Calcium: 24.63mg (2.46%), Vitamin B6: 0.04mg (2.12%), Vitamin B2: 0.03mg (1.77%), Magnesium: 6.87mg (1.72%), Iron: 0.28mg (1.56%), Zinc: 0.17mg (1.13%), Selenium: 0.74µg (1.06%)