



Beef Tenderloin Steaks with Red Wine-Mushroom Sauce

 Gluten Free

READY IN



11 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce pre baby portobello mushrooms
- ☐ 16 ounce beef tenderloin steaks trimmed (1/)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 cup cooking wine dry red
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 0.3 teaspoon salt

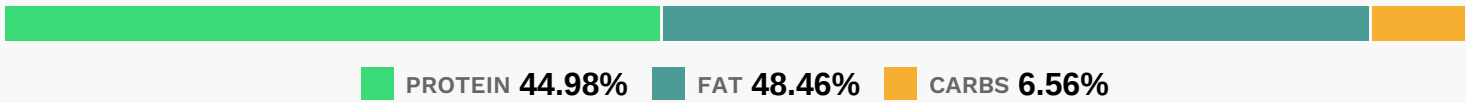
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle steaks with salt and pepper; coat with cooking spray.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Transfer steaks to a serving platter; keep warm.
- ☐ Add mushrooms to pan. Coat mushrooms with cooking spray; saut 3 minutes or until browned. Stir in wine, scraping pan to loosen browned bits. Cook until liquid almost evaporates.
- ☐ Remove pan from heat; add butter and rosemary, stirring until butter melts.
- ☐ Pour sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:14.898260816689%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 280.64kcal (14.03%), Fat: 12.61g (19.39%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.42g (1.58%), Cholesterol: 87.62mg (29.21%), Sodium: 257.86mg (11.21%), Alcohol: 6.3g (100%), Alcohol %: 3.36% (100%), Protein: 26.33g (52.65%), Selenium: 45.21µg (64.58%), Vitamin B3: 9.82mg (49.1%), Vitamin B6: 0.79mg (39.5%), Zinc: 4.81mg (32.07%), Phosphorus: 300.13mg (30.01%), Vitamin B12: 1.09µg (18.25%), Potassium: 611.35mg (17.47%), Vitamin B5: 1.39mg (13.91%), Copper: 0.25mg (12.51%), Vitamin B2: 0.21mg (12.36%), Iron: 2.01mg (11.15%), Vitamin B1: 0.12mg (7.86%), Folate: 30.88µg (7.72%), Magnesium: 26.46mg (6.62%), Vitamin A: 176.34IU (3.53%), Vitamin E: 0.53mg (3.51%), Manganese: 0.07mg (3.41%), Fiber: 0.77g (3.09%), Calcium: 29.05mg (2.91%), Vitamin K: 2.06µg (1.96%), Vitamin D: 0.17µg (1.13%)