



Beef Tenderloin Steaks with Red Wine-Tarragon Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce beef tenderloin steaks
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon tarragon dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 0.5 teaspoon flour all-purpose
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.3 cup low-salt beef broth

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots chopped

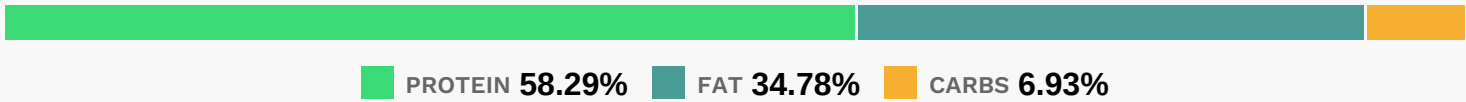
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients, stirring with a whisk.
- ☐ Heat a nonstick skillet coated with cooking spray over medium–high heat.
- ☐ Add steaks; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan; keep warm.
- ☐ Add shallots to pan; saut 1 minute.
- ☐ Add broth mixture; bring to a boil. Cook until reduced to 1/4 cup (about 1 minute).
- ☐ Serve sauce with the steaks.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:119.5, Glycemic Load:0.77, Inflammation Score:-3, Nutrition Score:12.146956591502%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 204.92kcal (10.25%), Fat: 6.83g (10.5%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.68g (0.97%), Sugar: 0.79g (0.88%), Cholesterol: 72.57mg (24.19%), Sodium: 466.07mg (20.26%), Alcohol: 3.15g (100%), Alcohol %: 2.16% (100%), Protein: 25.75g (51.5%), Selenium: 35.1µg (50.15%), Vitamin B3: 7.57mg (37.87%), Vitamin B6: 0.75mg (37.47%), Zinc: 4.56mg (30.39%), Phosphorus: 248.45mg (24.85%), Vitamin B12: 1.08µg (17.93%), Potassium: 461.11mg (13.17%), Iron: 2.11mg (11.71%), Vitamin B2: 0.15mg (8.72%), Vitamin B5: 0.77mg (7.74%), Magnesium: 30.01mg (7.5%), Vitamin B1: 0.1mg (6.35%), Folate: 20.44µg (5.11%), Copper: 0.1mg (4.97%), Manganese: 0.08mg (4.24%), Calcium: 34.17mg (3.42%), Vitamin E: 0.36mg (2.38%), Vitamin K: 2.47µg (2.35%), Fiber: 0.39g (1.54%), Vitamin C: 0.99mg (1.2%)