



Beef Tenderloin Steaks with Shiitake Mushroom Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 16 ounce beef tenderloin steaks trimmed ()
- 0.3 teaspoon pepper black divided freshly ground
- 2 teaspoons butter
- 0.5 teaspoon thyme sprigs fresh chopped
- 1 tablespoon thyme sprigs fresh
- 2 garlic clove minced

- 1 teaspoon soy sauce low-sodium
- 0.5 teaspoon salt divided
- 8 ounces mushroom caps thinly sliced
- 1 tablespoon water

Equipment

- frying pan

Directions

- Sprinkle steaks with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add steaks to pan; saut 3 minutes on each side or until desired degree of doneness.
- Transfer steaks to a serving platter.
- Heat pan over medium-high heat.
- Add butter to pan, swirling to coat; cook 15 seconds or until foam subsides.
- Add garlic to pan; saut 30 seconds, stirring constantly.
- Add mushrooms, 1/2 teaspoon chopped thyme, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon pepper to pan; saut 3 minutes or until mushrooms are tender, stirring frequently. Stir in vinegar, 1 tablespoon water, and soy sauce; cook 1 minute or until liquid almost evaporates. Spoon mushroom mixture over steaks.
- Sprinkle with thyme leaves.
- Wine note: Merlot can be as serious as many cabernets. It's also a natural with both red meat and mushrooms, making it a good partner for this dish. California's Paso Creek Merlot 2005 (\$2
- has flavors of dark cherry and smoke with a savory edge that will highlight the thyme, while firm, drying tannins balance the steak and buttery mushrooms. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:1.71, Inflammation Score:-9, Nutrition Score:15.758695794188%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 217.35kcal (10.87%), Fat: 9.08g (13.97%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 4.58g (1.67%), Sugar: 2.57g (2.85%), Cholesterol: 77.95mg (25.98%), Sodium: 421.72mg (18.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.36%), Selenium: 38.07µg (54.38%), Vitamin B3: 9.53mg (47.64%), Vitamin B6: 0.9mg (44.97%), Zinc: 5.16mg (34.4%), Phosphorus: 309.31mg (30.93%), Vitamin B12: 1.06µg (17.65%), Potassium: 607.67mg (17.36%), Vitamin B5: 1.61mg (16.11%), Vitamin B2: 0.27mg (16%), Iron: 2.51mg (13.95%), Manganese: 0.23mg (11.74%), Magnesium: 43.13mg (10.78%), Copper: 0.19mg (9.37%), Fiber: 1.77g (7.08%), Vitamin B1: 0.1mg (6.48%), Folate: 23.7µg (5.93%), Vitamin C: 3.67mg (4.45%), Calcium: 40.88mg (4.09%), Vitamin A: 158.31IU (3.17%), Vitamin E: 0.42mg (2.78%), Vitamin K: 1.77µg (1.68%), Vitamin D: 0.23µg (1.51%)