



Beef Tenderloin With Creamy Alouette® Mushroom Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



2

CALORIES



388 kcal

SIDE DISH

Ingredients

- 2 cups portabello mushrooms sliced
- 2 ounces beef tenderloin steaks thick
- 0.3 cup butter
- 3 teaspoons olive oil extra virgin divided
- 1 teaspoon parsley fresh minced
- 0.5 cup milk
- 0.5 large shallots

0.3 cup savory vegetable alouette®

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Equipment

frying pan

broiler

broiler pan

Directions

Heat broiler.Coat all sides of tenderloin with 1 tsp. of the olive oil.

Place on broiler pan. Season to taste with salt and pepper. Broil 4 inches from heat for 6 minutes or until well-browned. Turn. Broil 6 to 8 minutes or until desired doneness.Meanwhile, heat remaining olive oil and the butter in small skillet over medium heat.

Add shallot; cook 1 minute.

Add mushrooms. Cook 2 to 3 minutes or until tender, stirring frequently.Stir in Alouette, adding milk to desired consistency.

Heat just until warm.Spoon sauce over tenderloins.

Sprinkle with parsley.

Nutrition Facts


PROTEIN 11.98% **FAT 74.65%** **CARBS 13.37%**

Properties

Glycemic Index:120, Glycemic Load:3.28, Inflammation Score:-8, Nutrition Score:15.947826086957%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Taste

Sweetness: 31.82%, Saltiness: 100%, Sourness: 27.79%, Bitterness: 33.69%, Savoriness: 67.11%, Fattiness: 98.26%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 387.6kcal (19.38%), Fat: 33.19g (51.06%), Saturated Fat: 17.27g (107.91%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 10.23g (3.72%), Sugar: 5.59g (6.21%), Cholesterol: 86.47mg (28.82%), Sodium: 251.25mg (10.92%), Protein: 11.98g (23.97%), Vitamin A: 3122.86IU (62.46%), Selenium: 26.34µg (37.63%), Vitamin B3: 6.34mg (31.7%), Phosphorus: 251.17mg (25.12%), Vitamin B6: 0.41mg (20.35%), Potassium: 629.38mg (17.98%), Vitamin B2: 0.28mg (16.41%), Copper: 0.32mg (15.8%), Vitamin B5: 1.52mg (15.15%), Zinc: 2.09mg (13.91%), Fiber: 3.14g (12.56%), Vitamin B12: 0.68µg (11.4%), Vitamin B1: 0.17mg (11.11%), Vitamin E: 1.66mg (11.07%), Folate: 44.01µg (11%), Calcium: 104.47mg (10.45%), Manganese: 0.19mg (9.71%), Iron: 1.27mg (7.05%), Magnesium: 26.67mg (6.67%), Vitamin K: 6.99µg (6.66%), Vitamin C: 5.3mg (6.42%), Vitamin D: 0.93µg (6.19%)