



## Beef Tenderloin with Creamy Risotto

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 lb beef tenderloin steaks
- 0.3 cup carrots shredded
- 2 Tbsp grey poupon dijon mustard
- 0.8 cup chicken broth fat-free reduced-sodium
- 1 cup rice white instant uncooked
- 0.5 cup milk
- 0.3 cup pasilla peppers red chopped
- 0.3 cup sun tomato vinaigrette dressing dried divided kraft

0.8 cup zucchini chopped

## Equipment

frying pan

sauce pan

## Directions

Cook steaks in 3 Tbsp. dressing in skillet on medium heat 10 to 13 min. or until medium doneness (160F), turning after 5 min.

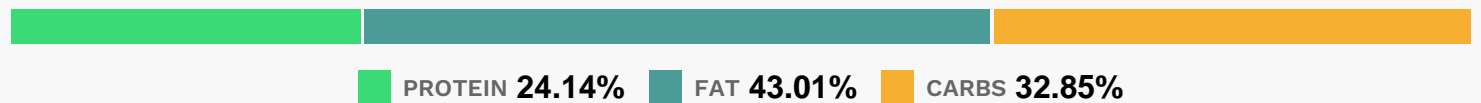
Meanwhile, cook vegetables in remaining dressing in large saucepan 5 to 7 min. or until crisp-tender, stirring frequently. Stir in remaining ingredients. Bring to boil; cover.

Remove from heat.

Let stand 5 min.

Serve rice mixture with steaks.

## Nutrition Facts



## Properties

Glycemic Index:81.92, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:30.725651803224%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 540kcal (27%), Fat: 25.63g (39.43%), Saturated Fat: 6.62g (41.38%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 41.28g (15.01%), Sugar: 6.78g (7.53%), Cholesterol: 79.89mg (26.63%), Sodium: 618.83mg (26.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.37g (64.74%), Selenium: 59.34µg (84.77%), Vitamin A: 3458.58IU (69.17%), Vitamin B3: 11.45mg (57.26%), Vitamin B6: 0.97mg (48.47%), Phosphorus: 403.03mg (40.3%), Vitamin C: 33.17mg (40.2%), Vitamin B1: 0.59mg (39.47%), Folate: 157.66µg (39.42%), Zinc: 5.71mg (38.09%), Vitamin K: 37.71µg (35.92%), Manganese: 0.64mg (31.82%), Iron: 5.18mg (28.78%), Vitamin B12: 1.55µg (25.9%), Potassium: 766.94mg (21.91%), Vitamin B2: 0.33mg (19.21%), Vitamin E: 2.35mg (15.65%), Magnesium: 60mg (15%), Vitamin B5: 1.49mg (14.93%), Calcium: 136.32mg (13.63%), Copper: 0.23mg (11.26%), Fiber: 2.77g (11.06%), Vitamin

D: 0.67 $\mu$ g (4.47%)