



Beef Tenderloin with Marsala-Mushroom Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup beef broth
- ☐ 16 ounce beef tenderloin steaks trimmed
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon butter light
- ☐ 0.5 cup marsala wine
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 10 ounce mushroom caps

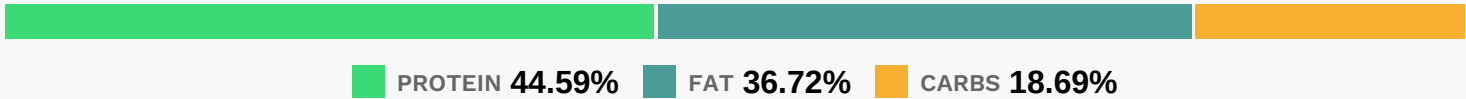
Equipment

- ☐ frying pan

Directions

- ☐ Remove and discard stems from mushrooms; slice mushrooms.
- ☐ Sprinkle steaks with pepper and salt; coat with cooking spray.
- ☐ Place a large nonstick skillet over high heat.
- ☐ Add steaks; cook 3 to 4 minutes on each side or until desired degree of doneness.
- ☐ Place steaks on a platter; keep warm.
- ☐ Heat oil in pan over medium heat until hot; add shallots, and saut 1 minute.
- ☐ Add sliced mushrooms; saut 4 minutes or until tender.
- ☐ Add wine; bring to a boil, reduce heat, and simmer 2 minutes.
- ☐ Add broth and Dijon mustard; boil 5 minutes or until liquid is reduced by half.
- ☐ Remove from heat.
- ☐ Add butter; stir until butter melts. Spoon sauce over steaks.
- ☐ carbo rating: 6

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.61, Inflammation Score:-4, Nutrition Score:17.085217475891%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg

Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 281.04kcal (14.05%), Fat: 10.14g (15.61%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 9.28g (3.38%), Sugar: 5.2g (5.77%), Cholesterol: 76.28mg (25.43%), Sodium: 394.17mg (17.14%), Alcohol: 4.59g (100%), Alcohol %: 2.08% (100%), Protein: 27.71g (55.43%), Selenium: 39.53µg (56.47%), Vitamin B3: 10.47mg (52.33%), Vitamin B6: 0.97mg (48.5%), Zinc: 5.33mg (35.52%), Phosphorus: 336.06mg (33.61%), Potassium: 724.96mg (20.71%), Vitamin B5: 1.86mg (18.65%), Vitamin B12: 1.09µg (18.18%), Vitamin B2: 0.31mg (18.16%), Manganese: 0.29mg (14.69%), Iron: 2.51mg (13.94%), Magnesium: 47.87mg (11.97%), Copper: 0.22mg (10.86%), Fiber: 2.34g (9.34%), Folate: 30µg (7.5%), Vitamin B1: 0.11mg (7.43%), Calcium: 40.22mg (4.02%), Vitamin E: 0.56mg (3.74%), Vitamin K: 2.67µg (2.54%), Vitamin D: 0.32µg (2.12%), Vitamin C: 1.19mg (1.44%), Vitamin A: 61.83IU (1.24%)