



Beef Tenderloin with Mushroom Gravy

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed (1/)
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 0.5 cup beef broth
- ☐ 1 cup mushrooms
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon salt

☐ 0.3 cup cream fat-free sour

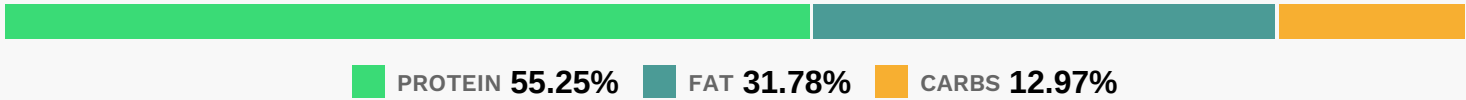
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Sprinkle steaks with pepper and salt.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan.
- ☐ Add mushrooms, onion, and garlic to pan; saut 5 minutes. Stir in broth; bring to a boil. Cover, reduce heat, and simmer 3 minutes.
- ☐ Place sour cream in a medium bowl. Gradually add mushroom mixture to sour cream, stirring constantly with a whisk. Stir in minced parsley.
- ☐ Serve gravy with steak.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:15.916521572548%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 200.6kcal (10.03%), Fat: 6.92g (10.65%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 5.62g (2.04%), Sugar: 1.43g (1.59%), Cholesterol: 74.3mg (24.77%), Sodium: 349.72mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.16%), Selenium: 38.34µg (54.77%), Vitamin B3: 8.44mg (42.21%), Vitamin B6: 0.78mg (38.96%), Vitamin K: 34.67µg (33.02%), Zinc: 4.8mg (31.97%), Phosphorus: 289.02mg (28.9%), Vitamin B12: 1.14µg (19.05%), Potassium: 567.32mg (16.21%), Vitamin B2: 0.27mg (16.15%), Iron: 2.2mg (12.21%), Vitamin B5: 1.14mg (11.44%), Copper: 0.18mg (9.18%), Magnesium: 34.5mg (8.63%), Vitamin B1: 0.13mg (8.35%), Folate: 28.45µg (7.11%), Calcium: 62.25mg (6.22%), Vitamin C: 5.03mg (6.1%), Manganese: 0.11mg (5.45%), Vitamin A: 219.24IU (4.38%), Fiber: 0.74g (2.94%), Vitamin E: 0.38mg (2.51%)