



Beef Tenderloin with Mushroom-Red Wine Sauce



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



2

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce beef tenderloin steaks trimmed
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons chicken glaze
- ☐ 0.5 cup cooking wine dry red
- ☐ 1.3 cups mushrooms sliced
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup shallots minced

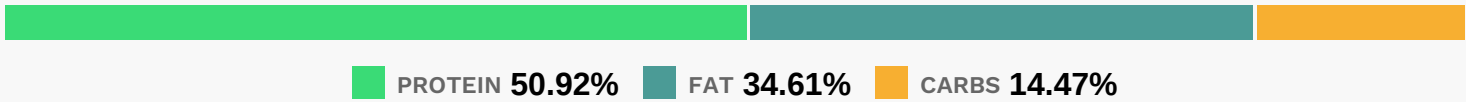
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle steaks with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan; keep warm.
- ☐ Add mushrooms and shallots to pan; saut for 3 minutes.
- ☐ Add wine, scraping pan to loosen browned bits; bring to a boil. Reduce heat, and simmer 4 minutes. Stir in Chicken Glace and the remaining salt and pepper; cook for 1 minute or until Glace is blended into sauce.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:17.302608613087%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 284.54kcal (14.23%), Fat: 9.19g (14.14%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 7.03g (2.56%), Sugar: 3.52g (3.91%), Cholesterol: 83.66mg (27.89%), Sodium: 660.69mg (28.73%), Alcohol: 6.3g (100%), Alcohol %: 2.86% (100%), Protein: 30.43g (60.85%), Selenium: 42.66µg (60.95%), Vitamin B3: 10.5mg (52.5%), Vitamin B6: 0.92mg (46.11%), Zinc: 5.13mg (34.2%), Phosphorus: 328.48mg (32.85%), Vitamin B2:

0.4mg (23.48%), Potassium: 722.39mg (20.64%), Vitamin B12: 1.12µg (18.74%), Vitamin B5: 1.86mg (18.57%), Copper: 0.31mg (15.69%), Iron: 2.63mg (14.62%), Vitamin B1: 0.16mg (10.63%), Magnesium: 41.09mg (10.27%), Folate: 35.93µg (8.98%), Manganese: 0.16mg (8.16%), Fiber: 1.61g (6.44%), Vitamin C: 3.86mg (4.68%), Calcium: 40.78mg (4.08%), Vitamin E: 0.42mg (2.78%), Vitamin K: 2.23µg (2.12%)