



Beef Tenderloin with Pear-Cranberry Chutney

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 large onion red thinly sliced
- 2 cloves garlic finely chopped
- 2 tablespoons wine dry red
- 2 pears diced firm ripe peeled
- 0.5 cup cranberries fresh
- 2 tablespoons brown sugar packed
- 0.5 teaspoon pumpkin pie spice
- 1 lb beef tenderloin steaks

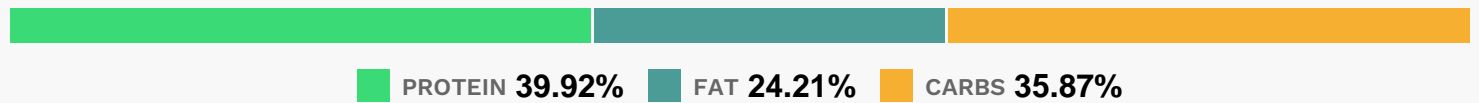
Equipment

- bowl
- frying pan

Directions

- Heat 12-inch nonstick skillet over medium-high heat. Cook onion, garlic and wine in skillet about 5 minutes, stirring frequently, until onion is tender but not brown.
- Stir in pears, cranberries, brown sugar and pumpkin pie spice; reduce heat. Simmer uncovered about 10 minutes, stirring frequently, until cranberries burst.
- Place chutney in small bowl; set aside.
- In same skillet, cook beef over medium heat about 8 minutes for medium doneness, turning once.
- Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:4.85, Inflammation Score:-4, Nutrition Score:14.107391341873%

Flavonoids

Cyanidin: 7.64mg, Cyanidin: 7.64mg, Cyanidin: 7.64mg, Cyanidin: 7.64mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Malvidin: 2.02mg, Malvidin: 2.02mg, Malvidin: 2.02mg, Malvidin: 2.02mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.28mg, Peonidin: 6.28mg, Peonidin: 6.28mg, Peonidin: 6.28mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin:

5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 261.92kcal (13.1%), Fat: 6.92g (10.64%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 19.55g (7.11%), Sugar: 15.65g (17.39%), Cholesterol: 72.57mg (24.19%), Sodium: 66.12mg (2.87%), Alcohol: 0.79g (100%), Alcohol %: 0.41% (100%), Protein: 25.67g (51.33%), Selenium: 35.06µg (50.09%), Vitamin B6: 0.78mg (38.84%), Vitamin B3: 7.46mg (37.31%), Zinc: 4.65mg (31%), Phosphorus: 255.87mg (25.59%), Vitamin B12: 1.05µg (17.58%), Potassium: 550.4mg (15.73%), Fiber: 3.51g (14.05%), Iron: 2.15mg (11.94%), Vitamin B2: 0.17mg (9.71%), Manganese: 0.19mg (9.32%), Copper: 0.18mg (9%), Magnesium: 35.69mg (8.92%), Vitamin C: 7.12mg (8.63%), Vitamin B5: 0.85mg (8.49%), Vitamin B1: 0.11mg (7.05%), Folate: 23.87µg (5.97%), Vitamin K: 6.05µg (5.77%), Calcium: 46.52mg (4.65%), Vitamin E: 0.63mg (4.21%)