



Beef Tenderloin with Shiitake-Red Wine Sauce

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef tenderloin steaks thick trimmed ()
- 0.5 teaspoon pepper black divided freshly ground
- 1 teaspoon canola oil
- 1 tablespoon cornstarch
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 0.5 cup less-sodium beef broth dry red
- 1 cup less-sodium beef broth divided

- 0.5 teaspoon salt divided
- 0.3 cup shallots minced
- 7 ounces shiitake mushroom caps thinly sliced
- 2 thyme sprigs

Equipment

- bowl
- frying pan
- whisk

Directions

- Sprinkle steaks evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper; set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add steaks; cook 3 to 4 minutes on each side or until desired degree of doneness.
- Remove steaks from pan; keep warm.
- Reduce heat to medium; add shallots, garlic, and mushrooms. Saut 2 minutes.
- Add wine, 1/2 cup beef broth, thyme, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper. Increase heat to medium-high, and cook 7 minutes, stirring occasionally and scraping pan to loosen browned bits.
- Combine cornstarch and remaining 1/2 cup beef broth in a small bowl, stirring with a whisk.
- Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly. Return steaks to pan, and cook 1 minute or until thoroughly heated.
- Remove and discard thyme.
- Sprinkle with parsley.

Nutrition Facts

 **PROTEIN 51.44%**  **FAT 32.91%**  **CARBS 15.65%**

Properties

Glycemic Index:50.25, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:17.510869611865%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 221.52kcal (11.08%), Fat: 8.02g (12.34%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 6.62g (2.41%), Sugar: 2.38g (2.64%), Cholesterol: 72.57mg (24.19%), Sodium: 525.94mg (22.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.43%), Selenium: 37.88µg (54.11%), Vitamin B3: 9.27mg (46.34%), Vitamin B6: 0.92mg (46.23%), Zinc: 5.12mg (34.17%), Vitamin K: 35.43µg (33.74%), Phosphorus: 306.08mg (30.61%), Potassium: 805.22mg (23.01%), Vitamin B12: 1.05µg (17.58%), Vitamin B5: 1.54mg (15.44%), Vitamin B2: 0.25mg (14.76%), Iron: 2.47mg (13.71%), Manganese: 0.24mg (12.02%), Magnesium: 41.78mg (10.44%), Copper: 0.18mg (9.22%), Fiber: 1.96g (7.85%), Folate: 29.57µg (7.39%), Vitamin B1: 0.11mg (7.03%), Vitamin C: 5.11mg (6.2%), Calcium: 40.24mg (4.02%), Vitamin A: 194.33IU (3.89%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.2µg (1.32%)