



Beef Tenderloins in Wine Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



209 kcal

SAUCE

Ingredients

- 8 ounce beef tenderloin steaks trimmed (1 to 1 1/2)
- 0.5 teaspoon butter
- 0.5 teaspoon dijon mustard
- 0.8 teaspoon flour all-purpose
- 0.3 teaspoon coarsely ground pepper black
- 0.3 cup beef broth low-sodium
- 0.3 cup ruby port sweet
- 0.3 teaspoon salt
- 0.5 teaspoon worcestershire sauce

Equipment

- frying pan
- whisk

Directions

- Combine first 7 ingredients, whisking to dissolve flour.
- Coat a medium nonstick skillet with cooking spray; add butter.
- Place over medium-high heat until hot.
- Add steaks, and cook 4 minutes on each side or to desired degree of doneness.
- Transfer steaks to a plate; keep warm.
- Whisk broth mixture; add to pan. Bring to a boil; cook 1 minute or until reduced to 1/4 cup, scraping pan to loosen browned bits.
- Serve sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:12.025217527281%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 209.44kcal (10.47%), Fat: 7.8g (11.99%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.36g (0.4%), Cholesterol: 75.26mg (25.09%), Sodium: 450.61mg (19.59%), Alcohol: 3.18g (100%), Alcohol %: 2.25% (100%), Protein: 25.7g (51.41%), Selenium: 35.36µg (50.51%), Vitamin B3: 7.4mg (36.99%), Vitamin B6: 0.72mg (36.22%), Zinc: 4.56mg (30.43%), Phosphorus: 247.66mg (24.77%), Vitamin B12: 1.06µg (17.61%), Potassium: 517.89mg (14.8%), Iron: 2.11mg (11.74%), Vitamin B2: 0.15mg (8.85%), Magnesium: 31.1mg (7.78%), Vitamin B5: 0.76mg (7.56%), Vitamin B1: 0.09mg (6.34%), Copper: 0.1mg (4.9%), Manganese: 0.09mg (4.75%), Folate: 16.7µg (4.18%), Calcium: 31.44mg (3.14%), Vitamin E: 0.39mg (2.59%), Vitamin K: 2.01µg (1.92%)