



Beef Tenderloins with French Onion Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce beef consommé canned
- ☐ 16 ounce beef tenderloin steaks ()
- ☐ 0.5 pound button mushroom caps halved
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 4 ounce bread french toasted ()
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon coarsely ground pepper black

- ☐ 2 cups onion thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons stick margarine divided
- ☐ 0.7 cup water

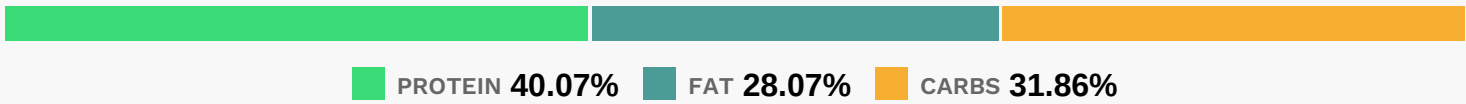
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt 1 teaspoon butter in a large skillet over medium-high heat.
- ☐ Add onion and mushrooms; saut 5 minutes, stirring frequently. Stir in water and consomme, scraping pan to loosen browned bits. Bring to a boil; cover and cook 10 minutes.
- ☐ Remove onion mixture from pan.
- ☐ Combine thyme, salt, pepper, and garlic powder. Rub the thyme mixture over steaks. Melt 1 teaspoon butter in pan over medium-high heat.
- ☐ Add steaks; cook 3 minutes on each side or until browned.
- ☐ Remove steaks from pan; keep warm.
- ☐ Add wine to pan, scraping pan to loosen browned bits. Stir in onion mixture; bring to a boil, and cook 1 minute. Return steaks to pan; simmer 1 minute.
- ☐ Place one toast slice in each of 4 shallow serving bowls, and top each slice with steak. Spoon the onion mixture over each serving.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:13.42, Inflammation Score:-7, Nutrition Score:20.997826057932%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg

Nutrients (% of daily need)

Calories: 338.56kcal (16.93%), Fat: 9.85g (15.16%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 22.49g (8.18%), Sugar: 5.83g (6.48%), Cholesterol: 72.57mg (24.19%), Sodium: 686.67mg (29.86%), Alcohol: 3.15g (100%), Alcohol %: 0.94% (100%), Protein: 31.65g (63.3%), Selenium: 48.93µg (69.9%), Vitamin B3: 11.37mg (56.84%), Vitamin B6: 0.9mg (45.08%), Phosphorus: 350.06mg (35.01%), Zinc: 5.25mg (35.01%), Vitamin B2: 0.52mg (30.72%), Vitamin B1: 0.37mg (24.77%), Potassium: 777.77mg (22.22%), Iron: 3.83mg (21.27%), Folate: 76.71µg (19.18%), Vitamin B12: 1.13µg (18.86%), Vitamin B5: 1.8mg (17.96%), Copper: 0.35mg (17.58%), Manganese: 0.34mg (16.76%), Magnesium: 51.05mg (12.76%), Fiber: 2.68g (10.73%), Vitamin C: 7.24mg (8.78%), Calcium: 71.62mg (7.16%), Vitamin K: 6.37µg (6.07%), Vitamin E: 0.53mg (3.53%), Vitamin A: 99.94IU (2%)