



Beef Tenderloins with Mushroom Garlic Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups portabello mushrooms sliced
- ☐ 2 tablespoons wine dry white
- ☐ 1.8 lb beef tenderloin steaks thick
- ☐ 3 tablespoons butter

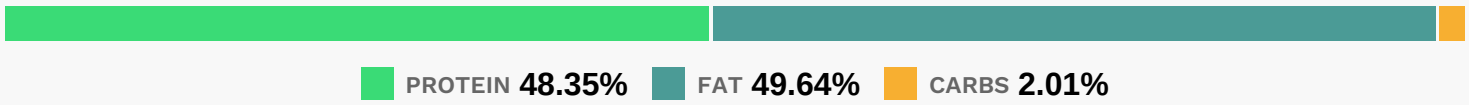
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch skillet, melt 1 tablespoon of the butter over medium-high heat.
- ☐ Sprinkle steaks with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook steaks 4 to 6 minutes, turning once, until deep brown. Reduce heat to low. Cover; cook 6 to 8 minutes for medium-rare to medium doneness (don't overcook; beef will continue to cook while standing).
- ☐ Remove beef to platter; cover to keep warm.
- ☐ Increase heat to medium.
- ☐ Add remaining 2 tablespoons butter to skillet.
- ☐ Add mushrooms. Cook 3 to 4 minutes, stirring once or twice and scraping up any browned bits, until tender.
- ☐ Add wine and cooking sauce; heat to boiling. Reduce heat; simmer 3 to 5 minutes, stirring occasionally, until sauce is hot.
- ☐ Serve mushroom sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:22.54217381581%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 384.6kcal (19.23%), Fat: 20.43g (31.44%), Saturated Fat: 9.77g (61.07%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.31g (0.48%), Sugar: 1.15g (1.28%), Cholesterol: 149.58mg (49.86%), Sodium: 180.91mg (7.87%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 44.78g (89.56%), Selenium: 68.64µg (98.05%), Vitamin B3: 14.66mg (73.31%), Vitamin B6: 1.3mg (65.1%), Zinc: 8.12mg (54.16%), Phosphorus: 465.06mg (46.51%), Vitamin B12: 1.88µg (31.42%), Potassium: 866.87mg (24.77%), Iron: 3.33mg (18.5%), Vitamin B5: 1.79mg (17.91%), Vitamin B2: 0.29mg (17.34%), Copper: 0.27mg (13.7%), Magnesium: 46.6mg (11.65%), Vitamin B1: 0.17mg (11.54%), Folate: 38.23µg (9.56%), Vitamin E: 0.87mg (5.78%), Vitamin A: 262.39IU (5.25%), Calcium: 48.14mg (4.81%), Manganese: 0.06mg (3.01%), Vitamin K: 3.15µg (3%), Fiber: 0.56g (2.24%)