



Beef Tenderloins with Red Wine Sauce

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



27

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz beef tenderloin steaks
- 0.3 cup cooking wine dry red
- 0.5 tsp coarse ground pepper black
- 0.3 cup a.1. original sauce
- 1 tsp marjoram leaves dried crushed
- 1 Tbsp oil
- 0.3 cup onion chopped

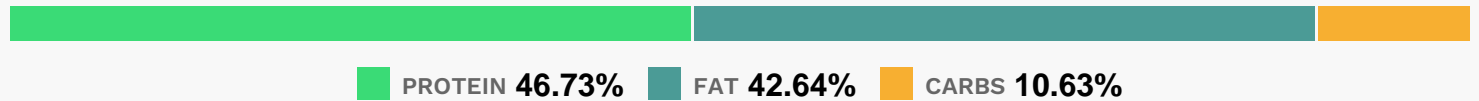
Equipment

frying pan

Directions

- Sprinkle pepper over both sides of steaks; press into steaks to secure.
- Cook steaks in hot oil in large skillet on medium heat 5 minutes on each side or to until cooked through.
- Remove steaks from skillet, reserving drippings in skillet; cover to keep warm.
- Add onion to drippings in skillet; cook and stir on medium-high heat 3 to 4 minutes or until tender.
- Add steak sauce, wine and marjoram; mix well. Bring to boil. Reduce heat to medium-low; simmer 2 minutes or until thickened.
- Serve over steaks.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.7682608492349%

Flavonoids

Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.58mg, Malvidin: 0.58mg, Malvidin: 0.58mg, Malvidin: 0.58mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 34.71kcal (1.74%), Fat: 1.52g (2.34%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.57g (0.63%), Cholesterol: 10.75mg (3.58%), Sodium: 35.61mg (1.55%), Alcohol: 0.23g (100%), Alcohol %: 1.27% (100%), Protein: 3.75g (7.5%), Selenium: 5.13µg (7.33%), Vitamin B3: 1.08mg (5.4%), Vitamin B6: 0.11mg (5.33%), Zinc: 0.67mg (4.47%), Phosphorus: 35.67mg (3.57%), Vitamin B12: 0.16µg (2.6%), Potassium: 62.46mg (1.78%), Iron: 0.29mg (1.63%), Vitamin B2: 0.02mg (1.2%), Vitamin B5: 0.11mg (1.11%), Magnesium: 4.15mg (1.04%)