



Beef Tips with Mushroom, Sherry, Garlic and Butter-Almond-Citrus Rice

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef stock
- ☐ 8 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 quart chicken stock see
- ☐ 6 clove garlic finely chopped
- ☐ 1 lemon zest
- ☐ 6 tablespoons olive oil extra-virgin divided

- ☐ 1 orange zest
- ☐ 8 servings salt
- ☐ 0.5 cup cooking sherry dry spanish
- ☐ 2 pounds sirloin tips
- ☐ 0.5 cup slivered sliced
- ☐ 2 cups rice white
- ☐ 1.5 pounds brushed clean white halved
- ☐ 1.5 pounds brushed clean white halved

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a sauce pot over medium heat, add butter to the pot and melt.
- ☐ Add almonds and toast 3 to 4 minutes.
- ☐ Add rice and the zest of an orange and a lemon then turn the rice to coat, cook 1 minute.
- ☐ Add stock and bring to boil, reduce to simmer, cover and cook 17 to 18 minutes.
- ☐ While rice cooks, heat a large skillet over medium-high heat with 3 tablespoons olive oil, 3 turns of the pan. Pat meat dry. When oil ripples and begins to smoke, add the beef and brown 3 minutes on each side.
- ☐ Remove when evenly deep brown and reserve on plate.
- ☐ Add remaining olive oil to skillet, 3 turns, heat until oil ripples then add mushrooms and brown 7 to 8 minutes.
- ☐ Add garlic after 5 to 6 minutes. Season mushrooms with salt and pepper cook a few minutes more.
- ☐ Add sherry, reduce 1 minute, add beef stock and beef tips and their juices to pan. Reduce heat and cook 3 to 4 minutes more. Turn off heat.
- ☐ Fluff rice with fork and serve with the beef and mushrooms.

Nutrition Facts



 **PROTEIN 8.92%**  **FAT 43.4%**  **CARBS 47.68%**

Properties

Glycemic Index:24.77, Glycemic Load:22.59, Inflammation Score:-3, Nutrition Score:8.9856522229055%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 384.22kcal (19.21%), Fat: 17.98g (27.66%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 42.82g (15.57%), Sugar: 2.54g (2.82%), Cholesterol: 11.07mg (3.69%), Sodium: 448.68mg (19.51%), Alcohol: 1.54g (100%), Alcohol %: 0.56% (100%), Protein: 8.32g (16.63%), Manganese: 0.7mg (35.15%), Vitamin E: 3.16mg (21.09%), Vitamin B3: 3.13mg (15.65%), Selenium: 10.58µg (15.11%), Vitamin B2: 0.22mg (13.18%), Phosphorus: 129.63mg (12.96%), Copper: 0.25mg (12.54%), Vitamin B6: 0.21mg (10.61%), Magnesium: 36.67mg (9.17%), Potassium: 301.41mg (8.61%), Vitamin B1: 0.1mg (6.88%), Vitamin K: 7.14µg (6.8%), Fiber: 1.63g (6.52%), Zinc: 0.95mg (6.36%), Iron: 1.08mg (6%), Vitamin B5: 0.53mg (5.31%), Vitamin C: 3.95mg (4.78%), Calcium: 44.72mg (4.47%), Folate: 13.63µg (3.41%), Vitamin A: 98.5IU (1.97%)