



Beef with Peppercorn Rub



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks (3/)
- ☐ 1 tablespoon brine-packed peppercorns green crushed drained
- ☐ 0.3 cup cognac
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 teaspoons ground coriander
- ☐ 1.5 teaspoons hungarian paprika sweet
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

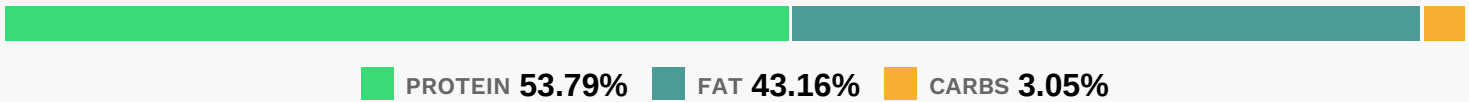
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a small bowl; stir well. Rub steaks with spice mixture; let stand 5 minutes.
- ☐ Heat the oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add steaks; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from skillet; set aside.
- ☐ Add cognac and water to skillet, scraping skillet to loosen browned bits. Cook over medium-high heat 15 seconds or until reduced to 1/4 cup, stirring constantly. Spoon cognac mixture over steaks.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:12.656521790701%

Nutrients (% of daily need)

Calories: 227.43kcal (11.37%), Fat: 9.02g (13.87%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.08g (0.09%), Cholesterol: 72.57mg (24.19%), Sodium: 285.82mg (12.43%), Alcohol: 5.01g (100%), Alcohol %: 4.21% (100%), Protein: 25.28g (50.57%), Selenium: 34.91µg (49.88%), Vitamin B3: 7.37mg (36.87%), Vitamin B6: 0.72mg (36.15%), Zinc: 4.6mg (30.67%), Phosphorus: 244.69mg (24.47%), Vitamin B12: 1.05µg (17.58%), Iron: 2.33mg (12.96%), Potassium: 435.89mg (12.45%), Vitamin B2: 0.15mg (8.68%), Magnesium: 31.57mg (7.89%), Vitamin B5: 0.76mg (7.57%), Vitamin A: 375.52IU (7.51%), Vitamin B1: 0.09mg (6.04%), Vitamin E: 0.87mg (5.8%), Copper: 0.11mg (5.57%), Vitamin K: 5.72µg (5.45%), Manganese: 0.09mg (4.41%), Folate: 15.49µg (3.87%), Calcium: 37.78mg (3.78%), Fiber: 0.79g (3.16%)