



## Beefs Portuguese Style

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**311 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce beef tenderloin steaks
- 1 tablespoon chile paste
- 10 cloves garlic chopped
- 0.8 cup red wine
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 0.3 cup water
- 0.5 teaspoon pepper white

# Equipment

- bowl
- frying pan

# Directions

- In a medium bowl, combine red wine, water, garlic, chile paste, white pepper and salt.
- Add beef, and turn to coat evenly.
- In a large heavy skillet over medium heat, fry 3 steaks for 2 minutes on each side; Set steaks aside, and drain liquids into the red wine mixture. Repeat with remaining beef.
- Pour oil into skillet, and reduce heat to medium-low. Fry steaks for a second time, 2 minutes on each side.
- Drain oil, and return all steaks and marinade to the pan. Allow to boil for 2 minutes.

# Nutrition Facts



# Properties

Glycemic Index:7.5, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:13.567826094835%

# Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

## Nutrients (% of daily need)

Calories: 311.11kcal (15.56%), Fat: 18.87g (29.03%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.47g (0.53%), Cholesterol: 72.57mg (24.19%), Sodium: 259.24mg (11.27%), Alcohol: 3.18g (100%), Alcohol %: 2.32% (100%), Protein: 25.44g (50.88%), Selenium: 35.39µg (50.56%), Vitamin B6: 0.79mg (39.44%), Vitamin B3: 7.41mg (37.06%), Zinc: 4.61mg (30.73%), Phosphorus: 253.23mg (25.32%), Vitamin K: 23.87µg (22.73%), Vitamin B12: 1.05µg (17.58%), Potassium: 469.61mg (13.42%), Iron: 2.09mg (11.59%), Vitamin E: 1.35mg (9.02%), Vitamin B2: 0.15mg (8.86%), Magnesium: 31.51mg (7.88%), Vitamin B5: 0.77mg (7.74%), Manganese: 0.14mg (7.17%), Vitamin B1: 0.1mg (6.52%), Copper: 0.11mg (5.56%), Folate: 15.48µg (3.87%), Calcium: 37.79mg (3.78%), Vitamin C: 2.02mg (2.45%)