



Carpetbagger Steaks

READY IN



95 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 beef tenderloin steaks
- ☐ 1 cup cheese blue crumbled
- ☐ 2 teaspoons ground pepper black
- ☐ 2 tablespoons garlic and herb dressing mix
- ☐ 1 teaspoon salad dressing mix italian
- ☐ 4.5 ounce marinated mushrooms finely chopped
- ☐ 4 servings oregano sprigs fresh
- ☐ 2 cups red wine

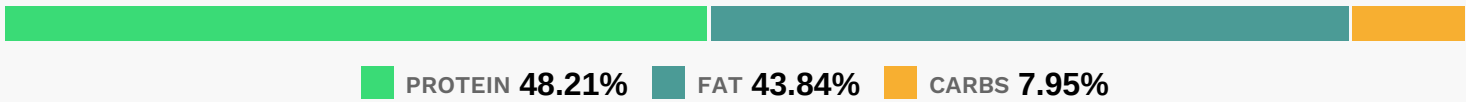
Equipment

- ☐ bowl
- ☐ knife
- ☐ toothpicks
- ☐ grill

Directions

- ☐ Rinse steaks under cold water and pat dry.
- ☐ Place in zip-top bag and add red wine, dressing mix, and pepper. Squeeze air out of bag and seal. Gently massage bag to combine ingredients. Marinate in refrigerator for 1 to 3 hours
- ☐ Set up grill for direct cooking over high heat. Oil grate when ready to start cooking. In a medium bowl, combine chopped mushrooms, blue cheese, and Italian seasoning; set aside.
- ☐ Remove steaks from marinade and discard marinade. With a sharp knife cut a pocket into the side of each steak, being careful not to cut through. Stuff steaks with mushroom mixture and secure with toothpicks.
- ☐ Place on hot, oiled grill and cook 5 to 7 minutes per side for medium (160 degrees F).
- ☐ Remove from grill.
- ☐ To serve, remove toothpicks.
- ☐ Garnish steaks with sprigs of fresh oregano and serve hot.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:30.51434763521%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg,
Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg
Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin:
0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg,
Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.25mg,
Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin:
0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 577.7kcal (28.89%), Fat: 23.27g (35.8%), Saturated Fat: 11.33g (70.82%), Carbohydrates: 9.49g (3.16%),
Net Carbohydrates: 7.75g (2.82%), Sugar: 1.06g (1.18%), Cholesterol: 169.95mg (56.65%), Sodium: 621.94mg
(27.04%), Alcohol: 12.72g (100%), Alcohol %: 3.87% (100%), Protein: 57.58g (115.16%), Selenium: 74.27µg (106.1%),
Vitamin B6: 1.57mg (78.48%), Vitamin B3: 15.27mg (76.34%), Zinc: 10.14mg (67.63%), Phosphorus: 637.31mg
(63.73%), Vitamin B12: 2.51µg (41.89%), Iron: 5.66mg (31.43%), Potassium: 1096.23mg (31.32%), Calcium: 297.85mg
(29.78%), Vitamin B2: 0.45mg (26.65%), Vitamin K: 27.4µg (26.09%), Manganese: 0.49mg (24.42%), Magnesium:
85.3mg (21.33%), Vitamin B5: 2.13mg (21.3%), Folate: 51.19µg (12.8%), Vitamin B1: 0.19mg (12.69%), Copper: 0.23mg
(11.7%), Vitamin E: 1.43mg (9.56%), Fiber: 1.74g (6.96%), Vitamin A: 324.92IU (6.5%), Vitamin D: 0.17µg (1.13%)