



Châteaubriand

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce frangelico
- 2 servings salt and pepper freshly ground to taste
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup red wine (whatever you're drinking)
- 1 large shallots peeled chopped
- 2 tablespoons butter unsalted chilled

Equipment

- frying pan

- oven
- whisk
- aluminum foil
- cutting board

Directions

- Preheat oven to 450°F.
- In an ovenproof, heavy-bottomed frying pan, heat the olive oil over high heat until hot but not smoking.
- Season the meat with salt and pepper, then brown it in the pan on all sides.
- Transfer the pan to the oven and roast until the meat's internal temperature reaches 130°F (for rare), 10 to 15 minutes.
- Remove the pan from the oven.
- Transfer the meat to a cutting board and tent it with foil.
- Pour all but a thin film of fat from the pan.
- Add the shallot and saut it over medium-low heat until golden, 2 to 3 minutes.
- Add the wine and raise the heat to high, scraping up any brown bits from the pan.
- When the sauce is syrupy (about 5 minutes), turn off the heat and whisk in the butter.
- Carve the meat in thick slices and drizzle with the pan sauce.

Nutrition Facts

 PROTEIN **0.77%**  FAT **93.23%**  CARBS **6%**

Properties

Glycemic Index:22.5, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:2.8947826299978%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg,
Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg
Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin:
0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol:
0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg
Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.05mg,
Galocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 284.14kcal (14.21%), Fat: 25.37g (39.03%), Saturated Fat: 9.13g (57.04%), Carbohydrates: 3.67g (1.22%),
Net Carbohydrates: 3.27g (1.19%), Sugar: 1.36g (1.52%), Cholesterol: 30.1mg (10.03%), Sodium: 199.51mg (8.67%),
Alcohol: 6.36g (100%), Alcohol %: 3.32% (100%), Protein: 0.47g (0.95%), Vitamin E: 2.35mg (15.64%), Vitamin K:
9.75µg (9.28%), Vitamin A: 351.56IU (7.03%), Manganese: 0.12mg (5.84%), Vitamin B6: 0.08mg (3.89%), Potassium:
121.49mg (3.47%), Iron: 0.51mg (2.83%), Magnesium: 10.11mg (2.53%), Phosphorus: 24.66mg (2.47%), Fiber: 0.4g
(1.6%), Vitamin B2: 0.03mg (1.52%), Vitamin D: 0.21µg (1.4%), Folate: 5.27µg (1.32%), Calcium: 13.05mg (1.3%),
Vitamin C: 1mg (1.21%)