



Cheese-Crusted Beef Tenderloin Steaks

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb beef tenderloin steaks
- 0.1 tsp pepper black
- 2 Tbsp athenos cheese blue crumbled
- 0.5 tsp chives fresh chopped
- 0.3 cup italian* five cheese shredded with a touch of philadelphia kraft

Equipment

- broiler

Directions

- Heat broiler.
- Season steaks with pepper. Broil, 6 inches from heat, 5 min. on each side or until medium doneness (160F). Meanwhile, combine remaining ingredients.
- Top steaks with cheese mixture.
- Broil 2 to 3 min. or until cheeses are melted and lightly browned.

Nutrition Facts

PROTEIN 51.5% **FAT 47.22%** **CARBS 1.28%**

Properties

Glycemic Index:52, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:12.143478344964%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 237.87kcal (11.89%), Fat: 12.24g (18.83%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.04g (0.04%), Cholesterol: 80.62mg (26.87%), Sodium: 169.5mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.07%), Selenium: 35.61µg (50.87%), Vitamin B3: 7.34mg (36.7%), Vitamin B6: 0.72mg (35.88%), Zinc: 4.69mg (31.27%), Phosphorus: 264.43mg (26.44%), Vitamin B12: 1.14µg (19%), Potassium: 421.75mg (12.05%), Iron: 1.85mg (10.29%), Vitamin B2: 0.16mg (9.47%), Calcium: 90.69mg (9.07%), Vitamin B5: 0.86mg (8.58%), Magnesium: 28.01mg (7%), Vitamin B1: 0.09mg (5.75%), Copper: 0.09mg (4.55%), Folate: 17.55µg (4.39%), Vitamin E: 0.37mg (2.47%), Vitamin K: 2.27µg (2.16%), Manganese: 0.03mg (1.5%), Vitamin A: 64.98IU (1.3%)