



Coffee-Marinated Beef Tenderloin Steaks



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed (1/)
- ☐ 1.5 tablespoons brown sugar dark
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup strong coffee decoction brewed

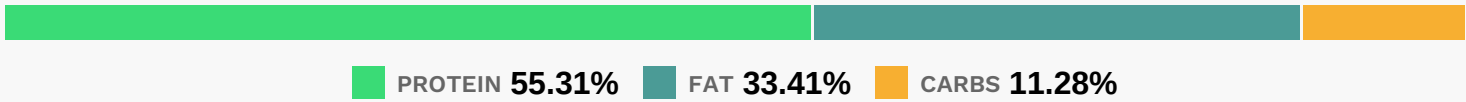
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add steaks; seal bag. Marinate in refrigerator 8 hours, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove steaks from marinade, discarding marinade.
- ☐ Place steaks on a grill rack coated with cooking spray. Grill 2 minutes on each side or until desired degree of doneness.
- ☐ Serve with: Grilled Asparagus and Tomatoes

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:11.996086999126%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.05mg,
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin:
0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 188.78kcal (9.44%), Fat: 6.77g (10.42%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 5.14g (1.71%), Net
Carbohydrates: 5.01g (1.82%), Sugar: 4.39g (4.88%), Cholesterol: 72.57mg (24.19%), Sodium: 355.84mg (15.47%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.7mg (7.9%), Protein: 25.23g (50.46%), Selenium: 34.88µg
(49.82%), Vitamin B3: 7.41mg (37.04%), Vitamin B6: 0.73mg (36.51%), Zinc: 4.54mg (30.26%), Phosphorus:
242.02mg (24.2%), Vitamin B12: 1.05µg (17.58%), Potassium: 448.36mg (12.81%), Vitamin B2: 0.18mg (10.71%), Iron:
1.91mg (10.63%), Vitamin B5: 0.9mg (9.04%), Magnesium: 29.26mg (7.32%), Vitamin B1: 0.1mg (6.39%), Copper:
0.1mg (4.9%), Manganese: 0.09mg (4.46%), Folate: 16.19µg (4.05%), Calcium: 34.06mg (3.41%), Vitamin E: 0.4mg
(2.66%), Vitamin K: 1.96µg (1.86%), Vitamin A: 53.51IU (1.07%)