



Fresh Herb-Coated Beef Tenderloin Steaks with Mushroom Gravy

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef tenderloin steaks
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon cornstarch
- 8 ounce pre cremini mushrooms
- 0.5 cup less-sodium chicken broth fat-free
- 1 teaspoon rosemary fresh chopped
- 0.5 teaspoon thyme leaves fresh

- 1 teaspoon thyme leaves fresh chopped
- 4 garlic cloves minced
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 tablespoon water
- 0.5 cup white wine

Equipment

- bowl
- frying pan
- oven
- whisk
- roasting pan
- broiler

Directions

- Preheat oven to 450
- Combine first 5 ingredients. Coat both sides of steaks with cooking spray; rub steaks evenly with thyme mixture.
- Place steaks on rack of a broiler or roasting pan coated with cooking spray; bake at 450 for 8 minutes on each side or until desired degree of doneness.
- Remove from oven; keep warm.
- To prepare gravy, heat oil in a large nonstick skillet over medium-high heat.
- Add 1/2 teaspoon thyme, mushrooms, and 4 garlic cloves; cook 5 minutes or until mushrooms are tender.
- Add broth and wine; bring to a boil. Cook until reduced by half (about 4 minutes).
- Combine water and cornstarch in a small bowl, stirring with a whisk.
- Add cornstarch mixture to pan; bring to a boil. Cook 1 minute or until slightly thickened, stirring constantly.
- Serve with steaks.

Nutrition Facts

PROTEIN 54.14% FAT 35.67% CARBS 10.19%

Properties

Glycemic Index:41.75, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:17.286521844242%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 222.67kcal (11.13%), Fat: 7.87g (12.1%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.48g (1.63%), Sugar: 1.34g (1.49%), Cholesterol: 72.57mg (24.19%), Sodium: 765.58mg (33.29%), Alcohol: 3.09g (100%), Alcohol %: 1.64% (100%), Protein: 26.87g (53.74%), Selenium: 50.44µg (72.05%), Vitamin B3: 9.65mg (48.25%), Vitamin B6: 0.83mg (41.36%), Zinc: 5.22mg (34.81%), Phosphorus: 319.42mg (31.94%), Vitamin B2: 0.43mg (25.26%), Potassium: 705.49mg (20.16%), Copper: 0.39mg (19.71%), Vitamin B12: 1.17µg (19.47%), Vitamin B5: 1.66mg (16.58%), Iron: 2.38mg (13.24%), Manganese: 0.23mg (11.41%), Vitamin B1: 0.15mg (9.86%), Magnesium: 36.94mg (9.23%), Folate: 30µg (7.5%), Calcium: 49.14mg (4.91%), Vitamin E: 0.51mg (3.37%), Vitamin C: 2.14mg (2.6%), Vitamin K: 2.54µg (2.42%), Fiber: 0.58g (2.32%)