



Grass-Fed Beef Tenderloin Steaks with Sautéed Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks grass-fed trimmed ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 0.3 cup madeira wine dry
- ☐ 12 ounce pre exotic mushroom blend (such as shiitake, cremini, and oyster)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 4 shallots peeled quartered

Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shallots; saut 3 minutes or until lightly browned.
- ☐ Add thyme, 1/8 teaspoon salt, crushed red pepper, and mushrooms; saut 6 minutes or until lightly browned.
- ☐ Add garlic; saut 2 minutes. Stir in wine and soy sauce; cook 15 seconds or until liquid almost evaporates. Stir in parsley; cover and set aside.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle steaks with 1/2 teaspoon salt and black pepper.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Serve with mushroom mixture.
- ☐ Wine note: To contrast the leanness of grass-fed beef, serve it with a full-bodied, soft red. Many varietals would work, but cabernet sauvignon's structure and depth have a special affinity with beef. Try the Geyser Peak Cabernet Sauvignon 2005 from the Alexander Valley of California. It's a steal at \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:2.47, Inflammation Score:-8, Nutrition Score:20.599565298661%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 264.72kcal (13.24%), Fat: 10.73g (16.51%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 8.32g (3.03%), Sugar: 4.19g (4.66%), Cholesterol: 72.57mg (24.19%), Sodium: 583.71mg (25.38%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 28.15g (56.3%), Selenium: 40µg (57.15%), Vitamin B6: 1.08mg (54.01%), Vitamin B3: 10.74mg (53.7%), Zinc: 5.59mg (37.26%), Phosphorus: 361.5mg (36.15%), Vitamin K: 36.82µg (35.07%), Potassium: 794.38mg (22.7%), Vitamin B5: 2.13mg (21.26%), Vitamin B2: 0.34mg (20.26%), Manganese: 0.38mg (18.95%), Vitamin B12: 1.05µg (17.58%), Iron: 2.93mg (16.26%), Magnesium: 55.89mg (13.97%), Fiber: 3.25g (12.98%), Copper: 0.25mg (12.35%), Folate: 39.78µg (9.95%), Vitamin C: 6.73mg (8.16%), Vitamin B1: 0.12mg (7.97%), Vitamin E: 0.92mg (6.16%), Calcium: 48.99mg (4.9%), Vitamin A: 236.34IU (4.73%), Vitamin D: 0.34µg (2.27%)