



Green Peppercorn Steaks

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup no-salt-added beef broth undiluted canned
- 16 ounce beef tenderloin steaks
- 0.3 cup cognac
- 3 tablespoons peppercorns green crushed drained
- 0.3 teaspoon salt
- 2 bunches watercress

Equipment

- frying pan

Directions

- Trim fat from tenderloin steaks. Gently press crushed green peppercorns into both sides of steaks; let stand at room temperature 20 minutes.
- Coat a large nonstick skillet with cooking spray; place skillet over medium-high heat until hot.
- Add watercress, and cook, stirring constantly, 1 to 2 minutes or until watercress wilts.
- Remove watercress from skillet; set aside, and keep warm.
- Coat skillet with cooking spray; place over high heat until very hot.
- Add steaks, and cook 6 to 8 minutes on each side or to desired degree of doneness.
- Remove steaks from skillet. Set steaks aside, and keep warm.
- Remove skillet from heat; add Cognac, and ignite with a long match. When flame dies down, add beef broth and salt. Bring to a boil; reduce heat, and simmer 2 to 3 minutes or until broth mixture is reduced by half.
- Place watercress evenly on 4 individual serving plates; place steaks on watercress.
- Pour broth mixture over steaks and watercress.

Nutrition Facts

PROTEIN 56.83% **FAT 41.3%** **CARBS 1.87%**

Properties

Glycemic Index:11.75, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:14.77913059359%

Flavonoids

Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 235.42kcal (11.77%), Fat: 8.84g (13.6%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.84g (0.3%), Sugar: 0.03g (0.03%), Cholesterol: 80.2mg (26.73%), Sodium: 613.49mg (26.67%), Alcohol: 5.01g (100%), Alcohol %: 3.86% (100%), Protein: 27.38g (54.75%), Selenium: 37.38µg (53.4%), Vitamin B3: 7.81mg (39.05%), Vitamin B6: 0.76mg (38.13%), Zinc: 4.92mg (32.83%), Vitamin K: 32.61µg (31.06%), Phosphorus: 261.63mg (26.16%), Vitamin B12: 1.31µg (21.77%), Potassium: 484.96mg (13.86%), Iron: 2.09mg (11.59%), Vitamin C: 9.19mg (11.14%), Vitamin B2: 0.17mg (10.09%), Vitamin B5: 0.85mg (8.54%), Vitamin A: 398.88IU (7.98%),

Magnesium: 30.69mg (7.67%), Vitamin B1: 0.1mg (6.81%), Copper: 0.11mg (5.73%), Folate: 16.57µg (4.14%), Calcium: 41.03mg (4.1%), Vitamin E: 0.48mg (3.18%), Manganese: 0.05mg (2.44%)