



Grilled Tenderloin with Sautéed Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef tenderloin steaks
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup cooking sherry dry
- ☐ 1.5 pounds mushrooms fresh sliced
- ☐ 4 cloves garlic crushed
- ☐ 2.5 teaspoons marjoram fresh sweet minced
- ☐ 0.8 teaspoon pepper divided freshly ground
- ☐ 0.5 teaspoon salt divided

☐ 1 tablespoon vegetable oil

Equipment

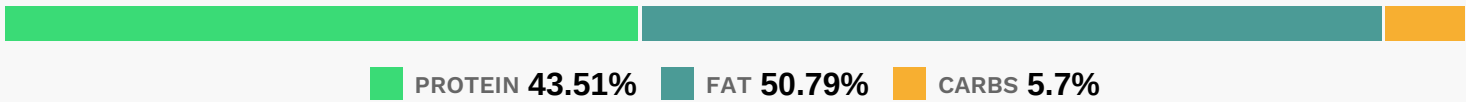
☐ frying pan

☐ grill

Directions

- ☐ Rub garlic, 1/4 teaspoon salt, and 1/2 teaspoon pepper evenly over both sides of steaks; brush both sides with oil. Cover and let stand 10 minutes.
- ☐ Cook mushrooms in butter in a large skillet over medium-high heat, stirring constantly, 1 minute. Stir in remaining 1/4 teaspoon salt and 1/4 teaspoon pepper, marjoram, and sherry; bring to a boil. Reduce heat, and simmer, uncovered, stirring occasionally, until mushrooms are tender and liquid is slightly reduced (about 5 to 7 minutes).
- ☐ Remove from heat; cover and keep warm.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400 degrees).
- ☐ Place steaks on rack, and cook 4 minutes on each side or to desired degree of doneness.
- ☐ Serve mushrooms over steaks.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:22.860869252163%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 348.59kcal (17.43%), Fat: 19.25g (29.62%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 3.63g (1.32%), Sugar: 2.36g (2.63%), Cholesterol: 96.77mg (32.26%), Sodium: 372.72mg (16.21%), Alcohol: 1.03g (100%), Alcohol %: 0.45% (100%), Protein: 37.1g (74.21%), Selenium: 56.97µg (81.38%), Vitamin B3: 13.81mg (69.06%), Vitamin B6: 1.09mg (54.49%), Zinc: 6.63mg (44.21%), Phosphorus: 420.98mg (42.1%), Vitamin B2: 0.64mg (37.76%), Vitamin B5: 2.71mg (27.05%), Potassium: 918.53mg (26.24%), Vitamin B12: 1.46µg (24.35%), Copper: 0.49mg (24.27%), Iron: 3.08mg (17.09%), Vitamin B1: 0.21mg (13.97%), Magnesium: 47.22mg (11.8%), Folate: 39.29µg (9.82%), Manganese: 0.15mg (7.38%), Vitamin A: 343.38IU (6.87%), Vitamin K: 7.15µg (6.81%), Vitamin E: 0.96mg (6.42%), Fiber: 1.24g (4.96%), Calcium: 45.31mg (4.53%), Vitamin C: 3.08mg (3.73%), Vitamin D: 0.23µg (1.51%)