



Herb-Rubbed Steaks with Olives Provencal



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves whole crushed finely (2 , 1)
- ☐ 24 ounce beef tenderloin steaks (each)
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup brine-cured olives (such as Kalamata)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons tomato purée canned

Equipment

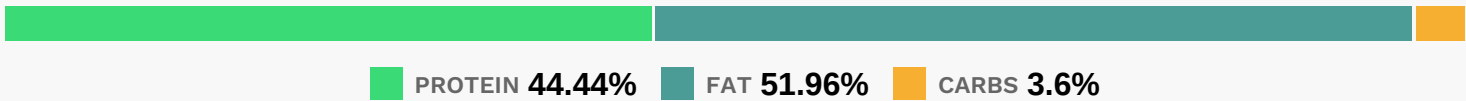
- ☐ frying pan

- ☐ sauce pan
- ☐ glass baking pan

Directions

- ☐ Rub tenderloin steaks with 1 tablespoon olive oil; sprinkle with crushed bay leaves.
- ☐ Place steaks in small glass baking dish in single layer; let stand at room temperature at least 1 hour and up to 2 hours. (Can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Bring small saucepan of water to boil over medium-high heat.
- ☐ Add olives and return water to boil.
- ☐ Drain olives.
- ☐ Scrape most of bay leaves off steaks; sprinkle steaks with salt and pepper.
- ☐ Heat remaining 1 tablespoon olive oil in heavy large skillet over medium-high heat.
- ☐ Add steaks and sauté to desired doneness, about 4 minutes per side for medium-rare.
- ☐ Transfer steaks to plate.
- ☐ Add white wine to skillet and bring to boil, scraping up browned bits.
- ☐ Add tomato puree, whole bay leaf, and drained olives to skillet. Cook until sauce is slightly thickened, stirring frequently, about 5 minutes. Return steaks and any accumulated juices to skillet; turn to coat. Cook steaks until just heated through, turning once, about 2 minutes.
- ☐ Transfer steaks to platter. Discard bay leaf. Spoon sauce and olives over steaks and serve.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:18.838261008263%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 391.08kcal (19.55%), Fat: 19.71g (30.32%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 3.07g (1.02%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.16g (1.28%), Cholesterol: 108.86mg (36.29%), Sodium: 374.6mg (16.29%), Alcohol: 6.18g (100%), Alcohol %: 2.95% (100%), Protein: 37.93g (75.85%), Selenium: 52.16µg (74.51%), Vitamin B3: 11.14mg (55.71%), Vitamin B6: 1.11mg (55.56%), Zinc: 6.86mg (45.76%), Phosphorus: 370.61mg (37.06%), Vitamin B12: 1.58µg (26.37%), Potassium: 684.79mg (19.57%), Iron: 3.18mg (17.68%), Vitamin E: 2.32mg (15.45%), Vitamin B2: 0.22mg (12.76%), Magnesium: 49.29mg (12.32%), Vitamin B5: 1.16mg (11.64%), Vitamin B1: 0.14mg (9.38%), Copper: 0.17mg (8.63%), Vitamin K: 7.32µg (6.97%), Folate: 24.8µg (6.2%), Manganese: 0.12mg (5.77%), Calcium: 56.06mg (5.61%), Fiber: 0.79g (3.15%), Vitamin A: 94.8IU (1.9%), Vitamin C: 1.06mg (1.28%)