



 **62%**
HEALTH SCORE

Hoisin Beef with Shiitake Mushroom Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



460 kcal

SAUCE

Ingredients

- 8 ounce beef tenderloin steaks ()
- 2 cups rice long-grain hot cooked
- 1 teaspoon sesame oil dark
- 0.5 ounce mushroom caps dried ()
- 1 tablespoon cooking wine dry white
- 1 teaspoon ginger fresh minced peeled
- 2 garlic cloves divided minced
- 0.7 cup green onions sliced

1.5 tablespoons hoisin sauce

1.5 cups water

Equipment

frying pan

sauce pan

grill

broiler

slotted spoon

broiler pan

Directions

Trim fat from steaks.

Combine hoisin sauce, wine, ginger, and 1 garlic clove in a shallow dish.

Add the steaks; cover and marinate in refrigerator 2 hours, turning steaks occasionally.

Combine water and mushrooms in a saucepan; bring to a boil.

Remove from heat; cover and let stand 30 minutes.

Remove mushrooms from pan with a slotted spoon, reserving liquid. Discard mushroom stems; cut caps into quarters, and set aside. Bring mushroom liquid to a boil; cook until reduced to 1/3 cup (about 5 minutes).

Remove from heat.

Remove steaks from marinade; add marinade to reduced mushroom liquid; set aside.

Prepare grill or broiler.

Place steaks on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness. Set aside and keep warm.

Heat the sesame oil in a nonstick skillet over medium-high heat.

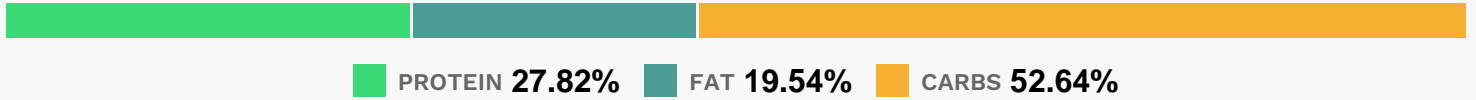
Add mushrooms, green onions, and 1 garlic clove; saut 2 minutes.

Add marinade mixture, and cook 2 minutes.

Cut the steaks diagonally across grain into thin slices. Arrange steak on each of 2 plates, and top with mushroom sauce.

Serve with cooked rice.

Nutrition Facts



Properties

Glycemic Index:100.5, Glycemic Load:48.66, Inflammation Score:-6, Nutrition Score:25.043043732643%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 460.37kcal (23.02%), Fat: 9.73g (14.97%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 58.95g (19.65%), Net Carbohydrates: 56.22g (20.44%), Sugar: 4.41g (4.9%), Cholesterol: 72.93mg (24.31%), Sodium: 274.49mg (11.93%), Alcohol: 0.77g (100%), Alcohol %: 0.19% (100%), Protein: 31.17g (62.33%), Selenium: 50.56µg (72.23%), Vitamin K: 70.77µg (67.4%), Vitamin B6: 0.99mg (49.55%), Manganese: 0.99mg (49.33%), Vitamin B3: 9.25mg (46.25%), Zinc: 6.05mg (40.35%), Phosphorus: 348.95mg (34.9%), Copper: 0.64mg (32.21%), Vitamin B5: 2.96mg (29.58%), Potassium: 693.23mg (19.81%), Vitamin B2: 0.3mg (17.75%), Vitamin B12: 1.05µg (17.58%), Magnesium: 67.65mg (16.91%), Iron: 2.94mg (16.36%), Folate: 55.4µg (13.85%), Fiber: 2.73g (10.93%), Vitamin B1: 0.16mg (10.81%), Vitamin C: 7.55mg (9.15%), Calcium: 80.96mg (8.1%), Vitamin A: 333.32IU (6.67%), Vitamin E: 0.66mg (4.43%), Vitamin D: 0.28µg (1.84%)