



 **33%**
HEALTH SCORE

Individual Beef Wellingtons

READY IN



45 min.

SERVINGS



6

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 48 ounce frangelico
- 0.3 cup butter
- 0.5 cup sherry dry
- 1 pound mushrooms fresh sliced
- 0.5 cup onion chopped
- 0.3 cup parsley chopped
- 17.5 ounce puff pastry frozen thawed

Equipment

- frying pan
- baking sheet
- oven
- plastic wrap

Directions

- In a large skillet over medium heat, combine the mushrooms, onion, sherry, butter or margarine and parsley and saute until all the liquid is absorbed and the mixture resembles a paste. Cover the top of each steak with the mixture.
- Partially thaw the puff pastry sheets and roll out pieces thin enough to cover the top, sides and bottom of each steak.
- Place the steaks on a baking sheet, cover with plastic wrap and store in the refrigerator until serving time.
- Preheat oven to 425 degrees F (220 degrees C).
- Bake steaks uncovered in the preheated oven for 25 minutes. (Note: They will be rare but will continue cooking while dish is sitting.)

Nutrition Facts



PROTEIN 6.24% **FAT 63.8%** **CARBS 29.96%**

Properties

Glycemic Index:35.33, Glycemic Load:21.12, Inflammation Score:-6, Nutrition Score:15.03217388236%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 562.68kcal (28.13%), Fat: 39.46g (60.71%), Saturated Fat: 12.88g (80.51%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 39.38g (14.32%), Sugar: 2.89g (3.21%), Cholesterol: 20.34mg (6.78%), Sodium: 273.42mg (11.89%), Alcohol: 2.06g (100%), Alcohol %: 0.61% (100%), Protein: 8.69g (17.37%), Vitamin K: 55.11µg (52.48%), Selenium: 27.22µg (38.89%), Vitamin B2: 0.55mg (32.36%), Vitamin B3: 6.25mg (31.25%), Vitamin B1: 0.4mg (26.67%), Manganese: 0.48mg (24.18%), Folate: 84.16µg (21.04%), Copper: 0.34mg (17.22%), Iron: 2.73mg (15.19%), Phosphorus: 125.81mg (12.58%), Vitamin B5: 1.18mg (11.78%), Potassium: 340.63mg (9.73%), Fiber: 2.31g (9.22%), Vitamin A: 448.06IU (8.96%), Vitamin C: 5.9mg (7.15%), Vitamin B6: 0.12mg (6.23%), Magnesium: 24.81mg (6.2%), Zinc: 0.91mg (6.09%), Vitamin E: 0.69mg (4.63%), Calcium: 21.12mg (2.11%), Vitamin D: 0.15µg (1.01%)