



Individual Beef Wellingtons

 Dairy Free

READY IN



19 min.

SERVINGS



2

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce beef tenderloin steaks
- ☐ 1 cup mushrooms fresh minced sliced
- ☐ 1.5 teaspoons green onions minced
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 4 sheets phyllo pastry frozen thawed
- ☐ 0.1 teaspoon salt

Equipment

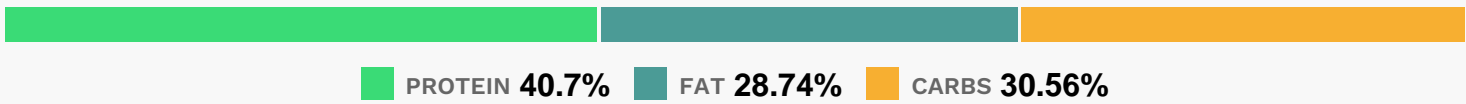
- ☐ frying pan

- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Coat a small nonstick skillet with cooking spray.
- ☐ Place over medium-high heat until hot.
- ☐ Add mushrooms, green onions, and salt; saute 8 minutes.
- ☐ Remove mushroom mixture from skillet, and set aside.
- ☐ Sprinkle both sides of each steak with pepper. Coat skillet with cooking spray; place over high heat until hot.
- ☐ Add steaks, and cook 1 1/2 to 2 minutes on each side or until lightly browned.
- ☐ Remove steaks from skillet; drain and pat dry with paper towels. Set aside.
- ☐ Place 1 sheet of phyllo on a damp towel (keeping remaining phyllo covered). Lightly coat phyllo with cooking spray. Top with another sheet of phyllo, and coat with cooking spray; fold in half crosswise, bringing short ends together.
- ☐ Place 1 steak 3 inches from one end of phyllo. Spoon half of mushroom mixture over steak. Fold short end of phyllo over mushroom mixture; fold lengthwise edges of phyllo over steak, and roll up, jellyroll fashion. Repeat procedure with remaining 2 sheets of phyllo, mushroom mixture, and steak.
- ☐ Lightly coat phyllo packets with cooking spray; place, seam side down, on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 15 to 17 minutes or until golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:7.75, Inflammation Score:-3, Nutrition Score:17.989565319341%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 293.74kcal (14.69%), Fat: 9.19g (14.13%), Saturated Fat: 3.07g (19.22%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 20.62g (7.5%), Sugar: 1.06g (1.17%), Cholesterol: 72.57mg (24.19%), Sodium: 393.99mg (17.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.28g (58.55%), Selenium: 47.94µg (68.48%), Vitamin B3: 10.56mg (52.8%), Vitamin B6: 0.77mg (38.45%), Zinc: 4.95mg (33%), Phosphorus: 308.13mg (30.81%), Vitamin B2: 0.46mg (26.97%), Vitamin B1: 0.33mg (21.98%), Iron: 3.35mg (18.59%), Vitamin B12: 1.07µg (17.9%), Potassium: 593mg (16.94%), Vitamin B5: 1.58mg (15.76%), Folate: 57.39µg (14.35%), Copper: 0.29mg (14.26%), Manganese: 0.28mg (14.12%), Magnesium: 37.26mg (9.32%), Vitamin K: 6.23µg (5.94%), Fiber: 1.37g (5.47%), Calcium: 33.95mg (3.4%), Vitamin E: 0.4mg (2.67%), Vitamin C: 1.29mg (1.56%)