



## Jamaican Peppered Steak

READY IN



29 min.

SERVINGS



4

CALORIES



117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup no-salt-added beef broth canned
- 1 pound beef tenderloin boneless lean
- 1.5 teaspoons peppercorns black crushed
- 1 tablespoon flour all-purpose
- 3 tablespoons grand marnier orange-flavored
- 0.3 teaspoon salt
- 0.5 cup evaporated skimmed milk
- 2 tablespoons water
- 1 tablespoon allspice whole crushed

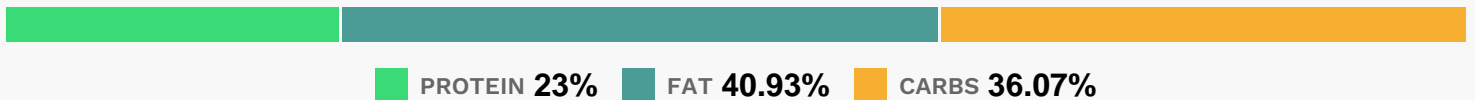
## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Trim fat from tenderloin; cut tenderloin into 4 equal pieces.
- Sprinkle tenderloin evenly with crushed allspice and peppercorns.
- Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add tenderloin; cook 3 to 5 minutes on each side or to desired degree of doneness.
- Remove from skillet; set aside, and keep warm. Wipe drippings from skillet with a paper towel.
- Combine flour and water in a small bowl, stirring with a wire whisk until smooth.
- Combine broth and remaining 3 ingredients in skillet. Stir in flour mixture. Bring to a boil, stirring constantly. Reduce heat, and simmer, stirring constantly, 12 minutes or until thickened. Spoon gravy over tenderloin.

## Nutrition Facts



## Properties

Glycemic Index:38.81, Glycemic Load:1.87, Inflammation Score:-2, Nutrition Score:5.1186956682283%

## Nutrients (% of daily need)

Calories: 116.57kcal (5.83%), Fat: 4.49g (6.91%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.06g (2.93%), Sugar: 5.18g (5.76%), Cholesterol: 16.17mg (5.39%), Sodium: 504.69mg (21.94%), Alcohol: 2.92g (100%), Alcohol %: 1.88% (100%), Protein: 5.68g (11.36%), Manganese: 0.28mg (14.18%), Vitamin B12: 0.68µg (11.34%), Vitamin C: 8.31mg (10.08%), Selenium: 6.78µg (9.68%), Phosphorus: 73.11mg (7.31%), Zinc: 1mg (6.65%), Vitamin B3: 1.27mg (6.33%), Calcium: 61.99mg (6.2%), Vitamin B2: 0.1mg (5.83%), Vitamin B6: 0.11mg (5.45%), Potassium: 180.66mg (5.16%), Iron: 0.86mg (4.76%), Copper: 0.07mg (3.59%), Magnesium: 13.64mg (3.41%), Fiber: 0.85g (3.38%), Vitamin B1: 0.05mg (3.2%), Vitamin B5: 0.3mg (3.02%), Vitamin K: 2.71µg (2.58%),

Vitamin D: 0.34 $\mu$ g (2.25%), Vitamin A: 80.95IU (1.62%), Folate: 6.37 $\mu$ g (1.59%)