



Less-Butter Steak Diane

READY IN



50 min.

SERVINGS



4

CALORIES



82 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 1 pound beef tenderloin trimmed
- ☐ 1 tablespoon butter
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 3 cloves garlic crushed
- ☐ 1 pinch ground pepper black to taste
- ☐ 3 teaspoons juice of lemon fresh

- ☐ 1.5 cups mushrooms sliced
- ☐ 0.3 teaspoon salt to taste
- ☐ 0.3 cup shallots finely chopped
- ☐ 3 teaspoons worcestershire sauce

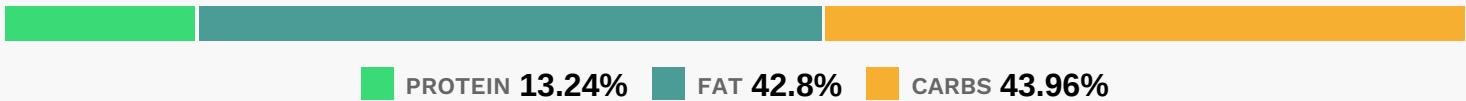
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Pour the beef broth and wine into a large skillet, and stir in the mushrooms, shallot, garlic, lemon juice, and Worcestershire sauce. Simmer over medium heat , stirring frequently, until the mushrooms reduce in size, about 20 minutes. Season to taste with salt and pepper.
- ☐ Skim off 2 tablespoons liquid from the mushroom mixture, and pour into a small bowl.
- ☐ Whisk in the flour and blend to make a smooth paste. Stir the flour mixture into the mushroom mixture. Cook and stir as sauce thickens. Repeat as desired , adding small amounts of more flour to make a thicker sauce. Stir in the parsley.
- ☐ Pour the sauce into a pan, and keep warm until needed.
- ☐ Using the same skillet, melt the butter over medium heat.
- ☐ Place the tenderloin in the skillet, and cook over medium-high heat, turning once, until desired degree of doneness.
- ☐ Serve with mushroom sauce.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:1.63, Inflammation Score:-3, Nutrition Score:4.0734782568786%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 82.02kcal (4.1%), Fat: 3.07g (4.73%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.18g (2.25%), Sugar: 2.45g (2.72%), Cholesterol: 7.53mg (2.51%), Sodium: 341.99mg (14.87%), Alcohol: 3.15g (100%), Alcohol %: 1.67% (100%), Protein: 2.14g (4.28%), Vitamin B2: 0.17mg (9.95%), Vitamin B3: 1.68mg (8.38%), Copper: 0.15mg (7.29%), Potassium: 231.5mg (6.61%), Selenium: 4.46µg (6.37%), Vitamin B5: 0.61mg (6.15%), Vitamin B6: 0.12mg (6.09%), Vitamin C: 4.74mg (5.75%), Manganese: 0.11mg (5.58%), Phosphorus: 52.16mg (5.22%), Iron: 0.74mg (4.12%), Folate: 14.94µg (3.74%), Fiber: 0.93g (3.71%), Vitamin B1: 0.06mg (3.69%), Magnesium: 8.68mg (2.17%), Zinc: 0.29mg (1.96%), Vitamin A: 96.39IU (1.93%), Calcium: 18.72mg (1.87%), Vitamin K: 1.31µg (1.25%)