



## Lucie County Beef Wellington

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



12

CALORIES



33 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 pound beef tenderloin trimmed
- 1.5 cups cooking wine dry red
- 1 eggs beaten
- 2 tablespoons juice of lemon
- 2 teaspoons pepper
- 1 teaspoon salt
- 1 teaspoon water
- 1 tablespoon worcestershire sauce



Glycemic Index:2.67, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:0.66956521829833%

## 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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 32.62kcal (1.63%), Fat: 0.37g (0.56%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.22g (0.24%), Cholesterol: 13.64mg (4.55%), Sodium: 217.53mg (9.46%), Alcohol: 3.15g (100%), Alcohol %: 1.75% (100%), Protein: 0.53g (1.05%), Manganese: 0.04mg (2.22%), Selenium: 1.15µg (1.65%), Vitamin C: 1.15mg (1.4%), Vitamin B2: 0.02mg (1.15%)