



Marinated No-Mystery Meats

READY IN



30 min.

SERVINGS



4

CALORIES



922 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 to 6 beef tournedos thick (1-inch) (filet steaks)
- ☐ 2 tablespoons butter
- ☐ 4 button finely chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon parsley leaves chopped
- ☐ 4 center cut pork loin chops

- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 tablespoons shallots chopped
- ☐ 4 pieces chicken breast boneless skinless
- ☐ 4 strip steaks
- ☐ 1 cup vegetable stock

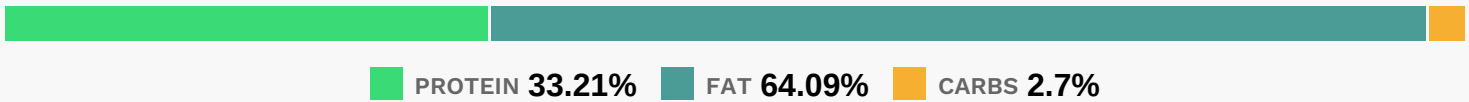
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine marinade ingredients in the bottom of a shallow dish. Season meat of choice with salt and pepper and set meat into marinade and turn to coat. Allow meat to hangout 10 minutes.
- ☐ Heat a nonstick skillet over medium high heat.
- ☐ Add marinated meat to the pan and cook 5 or 6 minutes on each side.
- ☐ Remove meat from the pan to a warm platter.
- ☐ Add butter to the skillet, chopped shallot or onion and mushroom bits (optional) then saute for 3 minutes over moderate heat.
- ☐ Add flour to the pan and cook for 2 minutes, stirring constantly.
- ☐ Whisk in stock and reduce for another minute.
- ☐ Pour pan gravy over the meat and serve.

Nutrition Facts



Properties

Glycemic Index:84.75, Glycemic Load:2.99, Inflammation Score:-9, Nutrition Score:37.936956374542%

Flavonoids

Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 922.21kcal (46.11%), Fat: 65.33g (100.51%), Saturated Fat: 23.69g (148.08%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.38g (1.95%), Sugar: 1.34g (1.48%), Cholesterol: 244.04mg (81.35%), Sodium: 469.64mg (20.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.17g (152.33%), Selenium: 103.47µg (147.81%), Vitamin B3: 22.94mg (114.71%), Vitamin B6: 1.95mg (97.67%), Zinc: 13.94mg (92.96%), Vitamin B1: 1.15mg (76.52%), Vitamin B12: 4.51µg (75.08%), Phosphorus: 663.9mg (66.39%), Vitamin B2: 0.9mg (53.23%), Potassium: 1227.11mg (35.06%), Iron: 5.48mg (30.45%), Vitamin K: 31.34µg (29.85%), Magnesium: 90.86mg (22.71%), Vitamin E: 3mg (19.98%), Copper: 0.34mg (17.18%), Vitamin B5: 1.35mg (13.53%), Vitamin A: 544.41IU (10.89%), Vitamin C: 5.49mg (6.65%), Manganese: 0.12mg (6.16%), Vitamin D: 0.8µg (5.36%), Folate: 21.45µg (5.36%), Calcium: 42.57mg (4.26%), Fiber: 0.81g (3.26%)