



Medallions of Beef with Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup asparagus tips (from 1 pound asparagus)
- ☐ 24 ounce beef tenderloin steaks
- ☐ 2 tablespoons cognac
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup madeira wine
- ☐ 0.8 pound mushrooms stemmed sliced
- ☐ 1.5 teaspoons olive oil
- ☐ 4 servings salt and pepper freshly ground

- ☐ 2 large shallots minced
- ☐ 2.5 tablespoons butter unsalted

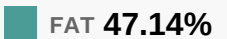
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ In a large nonreactive skillet, bring 1 cup of water to a boil.
- ☐ Add the asparagus tips and boil over high heat until just tender, about 3 minutes.
- ☐ Drain in a colander and rinse under cold water to refresh.
- ☐ Season the steaks with salt and pepper.
- ☐ Heat the oil in the skillet over moderately high heat until almost smoking.
- ☐ Add 1/2 tablespoon of the butter and when the foam subsides, add the steaks and cook, turning once, until well browned, about 6 minutes for medium-rare.
- ☐ Remove the skillet from the heat and pour in the Cognac; stand back in case it ignites. Return the skillet to moderately high heat and turn the steaks to coat. Cook until the sauce is slightly reduced, about 2 minutes.
- ☐ Transfer the steaks to a plate. Melt 1/2 tablespoon of the butter in the skillet.
- ☐ Add the mushrooms and saut over moderately high heat, stirring occasionally, until browned and tender, about 6 minutes.
- ☐ Add 1 tablespoon butter and the shallots and cook over moderate heat, stirring, until the shallots soften, about 4 minutes. Increase the heat to moderately high and add the asparagus tips.
- ☐ Pour in the Madeira and boil until reduced by one-third, about 2 minutes. Season with salt and pepper. Stir in the mustard and the remaining 1/2 tablespoon butter.
- ☐ Reduce the heat to moderate and add the steaks. Turn to coat with sauce and simmer to heat through, about 1 minute.
- ☐ Transfer the steaks to plates, spoon sauce and vegetables on top and serve.
- ☐ Serve With: Orzo or egg noodles.

Nutrition Facts

 **PROTEIN 45.43%**  **FAT 47.14%**  **CARBS 7.43%**

Properties

Glycemic Index:39, Glycemic Load:1.4, Inflammation Score:-6, Nutrition Score:25.707825940588%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 396.64kcal (19.83%), Fat: 19.07g (29.34%), Saturated Fat: 8.49g (53.06%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 4.76g (1.73%), Sugar: 3.51g (3.9%), Cholesterol: 127.67mg (42.56%), Sodium: 309.58mg (13.46%), Alcohol: 4.57g (100%), Alcohol %: 1.7% (100%), Protein: 41.34g (82.68%), Selenium: 61.24µg (87.49%), Vitamin B3: 14.36mg (71.78%), Vitamin B6: 1.23mg (61.56%), Zinc: 7.47mg (49.8%), Phosphorus: 460.91mg (46.09%), Vitamin B2: 0.6mg (35.26%), Potassium: 1000.4mg (28.58%), Vitamin B12: 1.63µg (27.18%), Vitamin B5: 2.53mg (25.26%), Copper: 0.48mg (23.94%), Iron: 4.1mg (22.79%), Vitamin B1: 0.25mg (16.96%), Vitamin K: 17.69µg (16.85%), Folate: 58.79µg (14.7%), Magnesium: 56.87mg (14.22%), Vitamin A: 473.31IU (9.47%), Vitamin E: 1.34mg (8.95%), Manganese: 0.18mg (8.95%), Fiber: 2.01g (8.03%), Calcium: 57.46mg (5.75%), Vitamin C: 4.67mg (5.66%), Vitamin D: 0.3µg (2.01%)