



Mom's Medallions of Beef

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons beef base as needed
- 3.5 pound beef tenderloin whole cut into 1-inch slices
- 1 cup butter
- 0.5 pound deli ham thinly sliced
- 16 ounce mushrooms fresh sliced
- 0.5 pound monterrey jack cheese shredded
- 1 onion chopped
- 0.3 cup red wine to taste

Equipment

- frying pan

Directions

- Melt butter in a large skillet over medium heat. Cook beef slices in butter until browned completely, about 5 minutes per side.
- Remove beef slices to a plate, reserving butter and drippings in the skillet.
- Saute mushrooms and onion in the butter mixture until onions are clear, 5 to 7 minutes. Push the vegetables to the edge of the skillet.
- Stir red wine and beef baste into the butter mixture in the skillet; cook and stir, adding more beef base as needed, until the sauce is thickened, 7 to 10 minutes.
- Arrange beef slices into the gravy. Top each beef slice with a slice of ham. Top the ham with Monterey Jack cheese. Put a lid on the skillet and cook until the cheese melts, about 5 minutes.
- Remove medallions to a platter. Spoon sauce and vegetables over the medallions.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:10.596956501836%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 403.28kcal (20.16%), Fat: 36.58g (56.28%), Saturated Fat: 21.74g (135.87%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.82g (1.02%), Sugar: 1.98g (2.2%), Cholesterol: 103.83mg (34.61%), Sodium: 812.74mg (35.34%), Alcohol: 0.8g (100%), Alcohol %: 0.28% (100%), Protein: 15.3g (30.59%), Phosphorus: 248.95mg (24.89%), Vitamin B2: 0.42mg (24.59%), Selenium: 16.32µg (23.32%), Calcium: 226.05mg (22.6%), Vitamin A: 927.53IU (18.55%), Vitamin B3: 3.4mg (17%), Vitamin B1: 0.23mg (15.31%), Zinc: 1.86mg (12.42%), Copper: 0.22mg (10.95%), Vitamin B5: 1.09mg (10.9%), Vitamin B6: 0.21mg (10.59%), Potassium: 322.77mg (9.22%), Vitamin B12: 0.49µg (8.21%), Vitamin E: 0.84mg (5.62%), Magnesium: 21.24mg (5.31%), Folate: 19.29µg (4.82%), Iron: 0.81mg (4.52%), Vitamin D: 0.48µg (3.21%), Fiber: 0.8g (3.2%), Manganese: 0.06mg (3.17%), Vitamin C: 2.21mg (2.68%), Vitamin K: 2.78µg (2.65%)