

## Pan-Broiled Filets

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce beef tenderloin steaks ()
- 0.3 teaspoon pepper black
- 1 cup cooking sherry dry
- 4 garlic cloves minced
- 0.3 teaspoon kosher salt
- 1 tablespoon soya sauce low-sodium
- 1 tablespoon stick margarine

### Equipment

frying pan

## Directions

Sprinkle salt in a large cast-iron skillet over medium-high heat.

Add steaks; saut 2 minutes on each side.

Remove from pan.

Add garlic; saut 30 seconds.

Add sherry; boil 30 seconds, scraping skillet to loosen browned bits. Return steaks to pan; cook 2 minutes.

Add soy sauce and pepper.

Remove steaks to serving plates.

Remove pan from heat; stir butter into sherry mixture until blended. Divide sauce evenly over steaks. Top each steak with 3/4 teaspoon ginger, if desired.

## Nutrition Facts

 **PROTEIN 50.86%** **FAT 43.41%** **CARBS 5.73%**

## Properties

Glycemic Index:19.25, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:12.576956474263%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 250.67kcal (12.53%), Fat: 9.73g (19.97%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.63g (0.7%), Cholesterol: 72.57mg (24.19%), Sodium: 390.11mg (16.96%), Alcohol: 6.18g (100%), Alcohol %: 4.24% (100%), Protein: 25.66g (51.31%), Selenium: 35.1µg (50.14%), Vitamin B6: 0.78mg (38.98%), Vitamin B3: 7.4mg (37%), Zinc: 4.64mg (30.95%), Phosphorus: 260.08mg (26.01%), Vitamin B12: 1.06µg (17.64%), Potassium: 473.38mg (13.53%), Iron: 2.09mg (11.64%), Vitamin B2: 0.16mg (9.25%), Magnesium: 35.92mg (8.98%), Manganese: 0.17mg (8.31%), Vitamin B5: 0.8mg (7.97%), Vitamin B1: 0.09mg (6.33%), Copper:

0.1mg (5.06%), Folate: 17.25µg (4.31%), Calcium: 38.73mg (3.87%), Vitamin E: 0.49mg (3.24%), Vitamin A: 133.18IU (2.66%), Vitamin K: 1.86µg (1.77%), Vitamin C: 0.94mg (1.14%)