



Pan-Seared Beef Filet with Green Peppercorn Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup wine dry red
- ☐ 1 teaspoon peppercorns green freshly ground
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.8 cup less-sodium beef broth fat-free
- ☐ 0.3 cup shallots finely chopped (2 medium)
- ☐ 1 teaspoon water

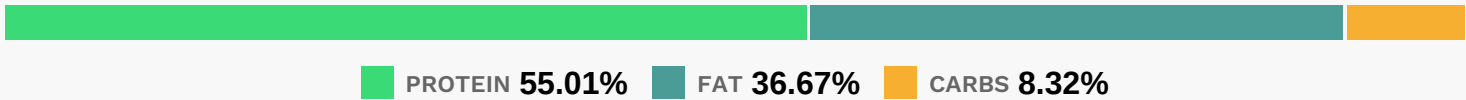
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle steaks with black pepper and salt.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steaks; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan; keep warm.
- ☐ Add shallots to pan; saut 30 seconds. Stir in wine; cook 2 minutes or until liquid is almost evaporated. Stir in broth and green pepper; cook 2 minutes.
- ☐ Combine cornstarch and 1 teaspoon water in a small bowl.
- ☐ Add cornstarch mixture to pan; bring to a boil. Cook 1 minute or until slightly thickened, stirring constantly.
- ☐ Remove from heat; add butter, stirring until butter melts. Spoon sauce evenly over steaks.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:12.155217562033%

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 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: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 218.08kcal (10.9%), Fat: 7.76g (11.94%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.17g (1.3%), Cholesterol: 75.26mg (25.09%), Sodium: 325.58mg (14.16%), Alcohol: 3.15g (100%), Alcohol %: 1.92% (100%), Protein: 26.2g (52.39%), Selenium: 34.8µg (49.72%), Vitamin B6: 0.76mg (37.86%), Vitamin B3: 7.3mg (36.5%), Zinc: 4.57mg (30.44%), Phosphorus: 246.63mg (24.66%), Vitamin B12: 1.06µg (17.61%), Potassium: 544.48mg (15.56%), Iron: 2.02mg (11.22%), Vitamin B2: 0.14mg (8.1%), Vitamin B5: 0.78mg (7.83%), Magnesium: 29.67mg (7.42%), Vitamin B1: 0.09mg (6.21%), Copper: 0.1mg (5.15%), Folate: 19.85µg (4.96%), Manganese: 0.09mg (4.41%), Calcium: 31.96mg (3.2%), Vitamin E: 0.39mg (2.59%), Fiber: 0.54g (2.16%), Vitamin K: 1.98µg (1.88%), Vitamin C: 1.18mg (1.43%)