



Pan-Seared Steaks With Mushrooms



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed 1/
- ☐ 1 bunch broccoli rabe thick
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 8 ounce pre exotic mushrooms
- ☐ 0.3 cup red wine

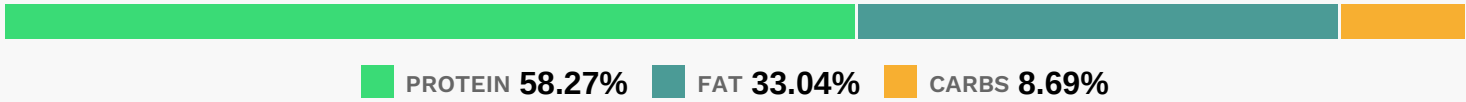
Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add broccoli rabe and 1 tablespoon water. Cover; cook 8 minutes, until crisp-tender, stirring occasionally. Set aside and keep warm.
- ☐ Meanwhile, sprinkle salt and freshly ground black pepper, both to taste, on steaks.
- ☐ Heat large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add steaks; cook 3 minutes per side for medium-rare, or longer for desired doneness. Using a meat thermometer, check that meat has reached an internal temperature of 14
- ☐ Transfer steaks to a serving plate; keep warm.
- ☐ Add mushrooms to the skillet. Cover; cook over medium-high heat, 3 minutes.
- ☐ Add port. Simmer, uncovered, 3 minutes, until sauce thickens slightly.
- ☐ Serve mushrooms over steaks; top with thyme. Season broccoli rabe with salt and freshly ground black pepper, both to taste.
- ☐ Serve with steaks.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:25.09999999149999%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 207.25kcal (10.36%), Fat: 7.22g (11.11%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 1.94g (0.71%), Sugar: 1.43g (1.59%), Cholesterol: 72.57mg (24.19%), Sodium: 84.61mg (3.68%), Alcohol: 1.59g (100%), Alcohol %: 0.83% (100%), Protein: 28.67g (57.33%), Vitamin K: 127.98µg (121.89%), Selenium: 40.45µg (57.79%), Vitamin B3: 10.07mg (50.34%), Vitamin B6: 0.88mg (43.78%), Zinc: 5.28mg (35.23%), Phosphorus: 332.31mg (33.23%), Vitamin A: 1564.87IU (31.3%), Vitamin B2: 0.45mg (26.32%), Potassium: 722.18mg (20.63%), Iron: 3.68mg (20.45%), Vitamin C: 15.41mg (18.67%), Folate: 72.21µg (18.05%), Vitamin B12: 1.08µg (17.95%), Vitamin B5: 1.78mg (17.77%), Manganese: 0.31mg (15.61%), Copper: 0.3mg (15.08%), Vitamin B1: 0.22mg (14.86%), Magnesium: 48.21mg (12.05%), Calcium: 95.96mg (9.6%), Fiber: 2.34g (9.35%), Vitamin E: 1.27mg (8.48%)