



Pepper and Garlic-Crusted Tenderloin Steaks with Port Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 2 teaspoons peppercorns black
- ☐ 0.3 cup beef broth canned
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.3 cup port wine
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ meat tenderizer

Directions

- ☐ Place peppercorns in a small zip-top plastic bag; seal. Crush peppercorns using a meat mallet or small heavy skillet.
- ☐ Combine peppercorns, salt, and garlic in a bowl; rub evenly over steaks.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steaks to pan. Reduce heat; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan. Cover and keep warm.
- ☐ Add port and broth to pan, stirring to loosen browned bits. Cook until reduced to 1/4 cup (about 3 minutes).
- ☐ Place 1 steak on each of 4 plates; drizzle each serving with 1 tablespoon sauce.
- ☐ Sprinkle each serving with 3/4 teaspoon thyme.

Nutrition Facts



PROTEIN 56.1% **FAT 33.76%** **CARBS 10.14%**

Properties

Glycemic Index:26.75, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:13.441304284593%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg,

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 203.52kcal (10.18%), Fat: 6.87g (10.57%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.79g (1.38%), Sugar: 1.2g (1.34%), Cholesterol: 72.57mg (24.19%), Sodium: 411.18mg (17.88%), Alcohol: 2.3g (100%), Alcohol %: 1.93% (100%), Protein: 25.69g (51.37%), Selenium: 35.19µg (50.28%), Vitamin B3: 7.49mg (37.44%), Vitamin B6: 0.75mg (37.36%), Zinc: 4.6mg (30.65%), Phosphorus: 249.08mg (24.91%), Manganese: 0.38mg (19.04%), Vitamin B12: 1.07µg (17.75%), Iron: 2.44mg (13.53%), Potassium: 472.31mg (13.49%), Vitamin B2: 0.15mg (9.08%), Magnesium: 34.86mg (8.72%), Vitamin B5: 0.79mg (7.94%), Copper: 0.14mg (6.94%), Vitamin B1: 0.09mg (6.31%), Calcium: 48.13mg (4.81%), Vitamin K: 5µg (4.76%), Vitamin C: 3.5mg (4.25%), Folate: 16.27µg (4.07%), Fiber: 0.85g (3.4%), Vitamin E: 0.38mg (2.51%), Vitamin A: 95.38IU (1.91%)