



Peppered Sirloin with Cherry-Merlot Sauce and Gorgonzola

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds hormel always tender peppercorn beef filet of sirloin
- ☐ 12 inch circulon open clad skillet
- ☐ 0.3 cup cherries dried
- ☐ 1 circulon covered saucepan
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 large garlic cloves sliced
- ☐ 0.5 cup gorgonzola cheese crumbled
- ☐ 1 cup beef broth low-sodium

- ☐ 2 tablespoons beef broth low-sodium
- ☐ 2 tablespoons maple syrup pure
- ☐ 1 cup fetzer eagle peak merlot
- ☐ 0.5 teaspoon mccormick gourmet collection rosemary crushed
- ☐ 4 servings salt and pepper to taste
- ☐ 1 large shallots sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

Equipment

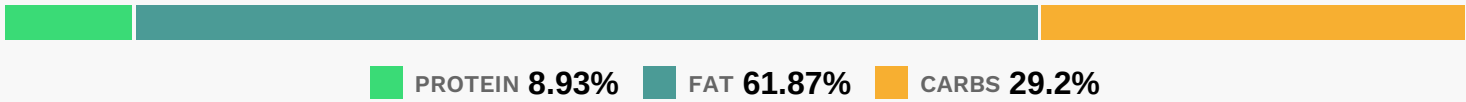
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 32
- ☐ Melt butter in saucepan over medium heat. Stir in 1 cup broth and next 4 ingredients. Bring to a boil, and cook, stirring often, 8 minutes or until liquid is reduced to 1/2 cup.
- ☐ Remove pan from heat, and set aside.
- ☐ Brown beef in hot oil in skillet over medium heat 3 to 4 minutes or until browned on all sides.
- ☐ Bake beef in skillet at 325 for 32 to 35 minutes or until a meat thermometer inserted into thickest portion registers 155 (medium).
- ☐ Remove beef to a cutting board, reserving juices in pan. Cover loosely with aluminum foil, and let stand 15 minutes before slicing.
- ☐ Add cherry mixture, 2 tablespoons broth, maple syrup, and rosemary to skillet. Bring to a boil over medium heat, stirring to loosen browned particles from bottom of skillet. Stir in salt and pepper.

Drizzle sauce over sliced beef; sprinkle evenly with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:65.63, Glycemic Load:3.55, Inflammation Score:-6, Nutrition Score:8.2952174155608%

Flavonoids

Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 282.62kcal (14.13%), Fat: 16.75g (25.77%), Saturated Fat: 7.31g (45.7%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 16.96g (6.17%), Sugar: 9.07g (10.08%), Cholesterol: 25.65mg (8.55%), Sodium: 679.47mg (29.54%), Alcohol: 6.25g (100%), Alcohol %: 1.88% (100%), Protein: 5.44g (10.87%), Vitamin K: 62.86µg (59.87%), Manganese: 0.37mg (18.36%), Vitamin B2: 0.24mg (13.89%), Vitamin A: 543.79IU (10.88%), Calcium: 103.04mg (10.3%), Potassium: 354.83mg (10.14%), Phosphorus: 80.48mg (8.05%), Vitamin C: 5.77mg (7%), Vitamin B1: 0.08mg (5.34%), Vitamin B6: 0.11mg (5.31%), Vitamin E: 0.79mg (5.26%), Iron: 0.84mg (4.65%), Magnesium: 17.17mg (4.29%), Zinc: 0.62mg (4.14%), Vitamin B3: 0.75mg (3.75%), Selenium: 2.53µg (3.62%), Vitamin B5: 0.33mg (3.32%), Fiber: 0.82g (3.29%), Folate: 13.13µg (3.28%), Vitamin B12: 0.19µg (3.09%), Copper: 0.04mg (1.79%), Vitamin D: 0.18µg (1.17%)