



Peppered Tenderloin with Polenta and Puttanesca Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce beef tenderloin steaks ()
- ☐ 1 garlic clove halved
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 3 cups puttanesca sauce
- ☐ 0.3 teaspoon salt
- ☐ 4 cups water
- ☐ 1.3 cups cornmeal yellow

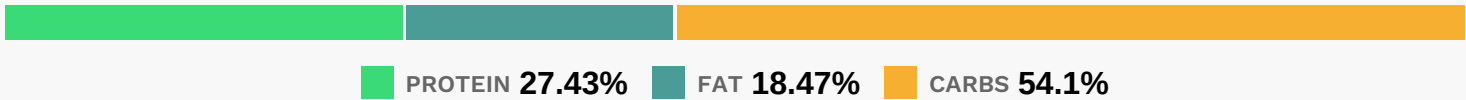
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine cornmeal and salt in a medium saucepan. Gradually add water, stirring constantly with a whisk. Bring to a boil; reduce heat to medium, and cook, 15 minutes, stirring frequently.
- ☐ Remove from heat.
- ☐ Rub steaks with garlic; sprinkle with pepper.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add steaks; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve each steak over 2/3 cup polenta; spoon 1/2 cup Puttanesca Sauce over each steak.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:14.5, Inflammation Score:-3, Nutrition Score:15.382173884498%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 440.93kcal (22.05%), Fat: 8.8g (13.54%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 58g (19.33%), Net Carbohydrates: 54.8g (19.93%), Sugar: 27.85g (30.94%), Cholesterol: 72.57mg (24.19%), Sodium: 1588.15mg (69.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.82%), Selenium: 36.66µg (52.37%), Vitamin B6: 0.91mg (45.4%), Vitamin B3: 8.09mg (40.46%), Zinc: 5.55mg (37.03%), Phosphorus: 312.83mg (31.28%), Vitamin B12: 1.05µg (17.58%), Magnesium: 63.8mg (15.95%), Iron: 2.85mg (15.81%), Potassium: 514.55mg (14.7%), Manganese: 0.28mg (13.8%), Fiber: 3.21g (12.83%), Vitamin B1: 0.18mg (12.31%), Copper: 0.2mg (9.88%), Vitamin B2:

0.17mg (9.75%), Vitamin B5: 0.94mg (9.4%), Folate: 26.08µg (6.52%), Calcium: 34.11mg (3.41%), Vitamin E: 0.48mg (3.19%), Vitamin K: 1.98µg (1.89%)