



Plum Creek Cellars Grilled Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup apple cider vinegar
- 8 beef tenderloin steaks thick (2 in. ; 4 lb. total)
- 0.3 cup firmly brown sugar packed
- 0.3 cup wine dry red
- 0.3 cup catsup
- 1.5 tablespoons cornstarch
- 2 teaspoons rosemary leaves dried fresh minced
- 1.5 tablespoons hot sauce

- 0.3 cup onion minced
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 0.3 cup worcestershire

Equipment

- bowl
- frying pan
- grill

Directions

- In a 2- to 3-quart pan, combine vinegar, sugar, wine, catsup, Worcestershire, onion, cornstarch, rosemary, hot sauce, 1/2 teaspoon salt, and pepper. Stir over high heat until boiling, about 2 minutes.
- Let marinade cool, or to chill quickly, nest pan in a bowl of ice water and stir until cold, about 5 minutes.
- Rinse steaks, pat dry, and put in a 1-gallon heavy plastic food bag.
- Pour marinade into bag, seal, and rotate to mix well. Chill at least 1 hour or up to 1 day.
- Lightly oil a barbecue grill over a solid bed of hot coals or gas grill on high heat (you can hold your hand at grill level only 2 to 3 seconds). Lift steaks from marinade and lay on grill. Close lid on gas grill.
- Pour marinade into a 1- to 1 1/2-quart pan.
- Turn steaks every 2 to 3 minutes to brown evenly, basting with marinade up until 2 minutes before meat is cooked to desired doneness, 10 to 12 minutes for rare (cut to test). Stir marinade in pan (on grill or over high heat) until boiling. Spoon sauce onto steaks; season to taste with salt.

Nutrition Facts

 PROTEIN **52.09%**  FAT **31.45%**  CARBS **16.46%**

Properties

Glycemic Index:12.38, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:23.658695529337%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 407.37kcal (20.37%), Fat: 13.43g (20.66%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 15.64g (5.69%), Sugar: 12.21g (13.57%), Cholesterol: 144.64mg (48.21%), Sodium: 540.54mg (23.5%), Alcohol: 1.05g (100%), Alcohol %: 0.45% (100%), Protein: 50.06g (100.13%), Selenium: 69.25µg (98.93%), Vitamin B3: 14.71mg (73.54%), Vitamin B6: 1.44mg (71.78%), Zinc: 9.03mg (60.21%), Phosphorus: 484.38mg (48.44%), Vitamin B12: 2.1µg (35.03%), Potassium: 938.15mg (26.8%), Iron: 4.26mg (23.67%), Vitamin B2: 0.3mg (17.53%), Vitamin B5: 1.49mg (14.92%), Magnesium: 57.25mg (14.31%), Vitamin B1: 0.18mg (11.85%), Copper: 0.21mg (10.44%), Folate: 32.2µg (8.05%), Calcium: 71.69mg (7.17%), Manganese: 0.12mg (6.07%), Vitamin E: 0.86mg (5.72%), Vitamin C: 3.73mg (4.52%), Vitamin K: 3.38µg (3.22%), Vitamin A: 63.55IU (1.27%)