



Savory Steaks with Mushroom Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup onion minced

☐ 1 tablespoon worcestershire sauce

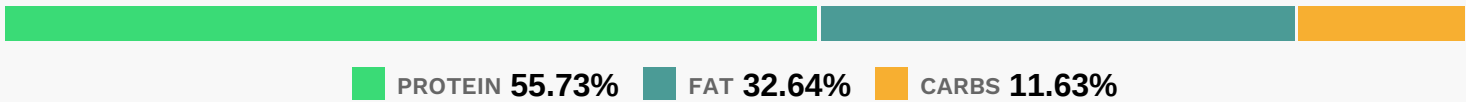
Equipment

☐ frying pan

Directions

- ☐ Sprinkle steaks with black pepper. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add steaks; cook 2 minutes on each side. Reduce heat to medium; cook 3 additional minutes, turning once.
- ☐ Remove steaks from skillet; spread mustard over steaks, and top with Worcestershire sauce. Set aside, and keep warm.
- ☐ Coat skillet with cooking spray; add onion, and cook, stirring constantly, 2 minutes.
- ☐ Add mushrooms and remaining 3 ingredients; cook, stirring constantly, 5 minutes.
- ☐ Return steaks to skillet. Cook 4 to 5 minutes or to desired degree of doneness.
- ☐ Transfer steaks to 4 individual serving plates; spoon mushroom mixture over steaks.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:16.160434892644%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 208.75kcal (10.44%), Fat: 7.09g (10.91%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.45g (1.62%), Sugar: 2.46g (2.74%), Cholesterol: 72.57mg (24.19%), Sodium: 162.82mg (7.08%), Alcohol: 1.58g (100%), Alcohol %: 0.93% (100%), Protein: 27.25g (54.51%), Selenium: 41.39µg (59.12%), Vitamin B3: 9.41mg (47.04%), Vitamin B6: 0.8mg (40.11%), Zinc: 4.89mg (32.6%), Phosphorus: 300.21mg (30.02%), Vitamin B2: 0.38mg (22.2%), Potassium: 658.92mg (18.83%), Vitamin B12: 1.08µg (17.95%), Vitamin B5: 1.63mg (16.27%), Iron: 2.77mg (15.39%), Copper: 0.29mg (14.66%), Vitamin B1: 0.15mg (10.14%), Magnesium: 36.7mg (9.18%), Folate: 29.53µg (7.38%), Manganese: 0.14mg (7.23%), Vitamin K: 6.25µg (5.95%), Fiber: 1.24g (4.96%), Calcium: 45.35mg (4.53%), Vitamin C: 3.6mg (4.36%), Vitamin E: 0.4mg (2.66%)