



Seared Beef Tenderloin Steaks with Dark Beer Reduction and Blue Cheese

READY IN



15 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 12 ounce lager dark (such as Michelob AmberBock)
- ☐ 2 tablespoons brown sugar light
- ☐ 1 teaspoon olive oil
- ☐ 2 teaspoons steak rub (such as McCormick Grill Mates)

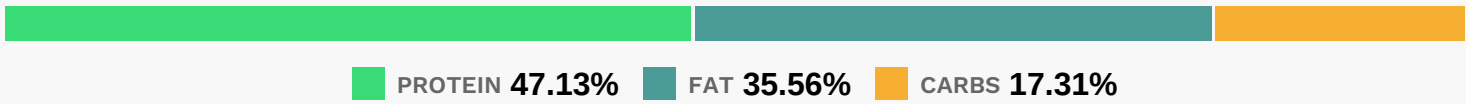
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Rub steak seasoning over both sides of steaks.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add steaks; cook 2 minutes on each side or until browned.
- ☐ Remove steaks from pan; place on a baking sheet.
- ☐ Bake at 450 for 4 to 5 minutes or until desired degree of doneness.
- ☐ While steaks bake, combine beer and brown sugar in a medium bowl; add to skillet, scraping pan to loosen browned bits. Cook 6 minutes or until mixture is slightly syrupy and reduced to about 1/4 cup.
- ☐ Serve steaks with reduced sauce; sprinkle evenly with cheese.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:1.24, Inflammation Score:-4, Nutrition Score:13.002608608616%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 251.47kcal (12.57%), Fat: 8.8g (13.55%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.53g (3.47%), Sugar: 5.87g (6.52%), Cholesterol: 75.2mg (25.07%), Sodium: 107.99mg (4.7%),

Alcohol: 3.32g (100%), Alcohol %: 2% (100%), Protein: 26.26g (52.52%), Selenium: 35.75µg (51.07%), Vitamin B3: 7.77mg (38.87%), Vitamin B6: 0.77mg (38.3%), Zinc: 4.64mg (30.91%), Phosphorus: 264.4mg (26.44%), Vitamin B12: 1.11µg (18.57%), Potassium: 448.18mg (12.81%), Iron: 2.24mg (12.46%), Vitamin B2: 0.17mg (10.02%), Vitamin K: 10.1µg (9.62%), Magnesium: 34.77mg (8.69%), Vitamin B5: 0.84mg (8.38%), Calcium: 61.78mg (6.18%), Vitamin B1: 0.09mg (6.12%), Folate: 22.54µg (5.64%), Copper: 0.1mg (5.15%), Manganese: 0.09mg (4.6%), Vitamin E: 0.52mg (3.45%), Vitamin A: 53.03IU (1.06%)