



Seared Rosemary Beef Tenderloin

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef tenderloin steaks trimmed ()
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon rosemary fresh chopped
- 2 garlic cloves minced
- 1 tablespoon butter light
- 14 ounce low-salt beef broth canned
- 0.3 cup madeira wine
- 1 teaspoon olive oil

- 0.3 teaspoon salt
- 2 tablespoons shallots minced

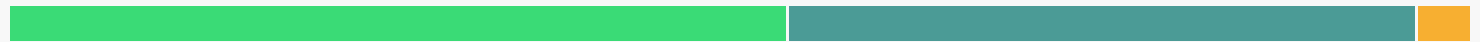
Equipment

- frying pan

Directions

- Sprinkle steaks with salt and pepper.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add steaks; cook 8 minutes, turning every 2 minutes.
- Transfer beef to a serving platter; cover and keep warm.
- Reduce heat to medium-low; add rosemary, shallot, and garlic to pan. Cook, stirring constantly, 30 seconds.
- Add wine and broth; bring to a boil over high heat. Cook, stirring often, 10 minutes or until reduced to 1/3 cup.
- Remove from heat; stir in butter.

Nutrition Facts



PROTEIN 53.27% **FAT 42.97%** **CARBS 3.76%**

Properties

Glycemic Index:26.75, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:12.321739030273%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 219.44kcal (10.97%), Fat: 9.7g (14.92%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.55g (0.61%), Cholesterol: 76.28mg (25.43%), Sodium: 392.66mg (17.07%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 27.05g (54.1%), Selenium: 34.92µg (49.88%), Vitamin B6: 0.75mg (37.55%), Vitamin B3: 7.31mg (36.55%), Zinc: 4.57mg (30.49%), Phosphorus: 246.71mg (24.67%), Potassium: 640.77mg (18.31%), Vitamin B12: 1.06µg (17.65%), Iron: 2.03mg (11.28%), Vitamin B2: 0.14mg (8.36%), Vitamin B5: 0.77mg (7.71%), Magnesium: 29.85mg (7.46%), Vitamin B1: 0.09mg (6.09%), Copper: 0.1mg (4.95%), Manganese: 0.09mg (4.54%), Folate: 17.24µg (4.31%), Vitamin E: 0.56mg (3.7%), Calcium: 34.78mg (3.48%), Vitamin K: 2.46µg (2.34%), Vitamin A: 75.07IU (1.5%), Vitamin C: 0.98mg (1.18%), Fiber: 0.29g (1.17%)