



Seared Steaks with Red Wine-Cherry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.8 cup wine dry red
- ☐ 4 servings green beans
- ☐ 1 tablespoon olive oil
- ☐ 4 servings potatoes smashed
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup shallots finely chopped
- ☐ 1 star anise
- ☐ 1 cup cherries sweet pitted halved (such as Bing)

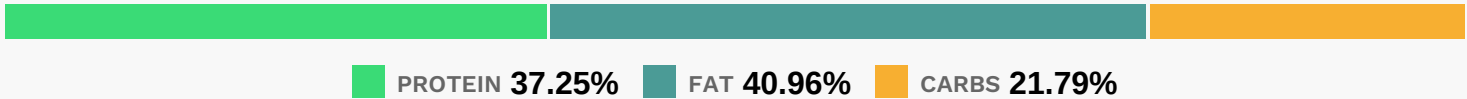
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Heat a large cast-iron skillet over high heat.
- ☐ Sprinkle steaks evenly with salt and pepper.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add steaks; cook 4 minutes. Turn steaks over; bake at 425 for 5 minutes or until desired degree of doneness.
- ☐ Remove steaks from pan.
- ☐ Heat skillet over medium-high heat.
- ☐ Add shallots; saut 2 minutes or until just tender, stirring frequently.
- ☐ Add cherries and star anise; cook 1 minute.
- ☐ Add wine, bring to a boil, and cook 3 minutes or until slightly thickened. Discard star anise. Stir in butter. Spoon sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:67.19, Glycemic Load:3.51, Inflammation Score:-7, Nutrition Score:17.786956372468%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin:

1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 1.35mg, Peonidin: 1.35mg, Peonidin: 1.35mg, Peonidin: 1.35mg Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 6.52mg, Epicatechin: 6.52mg, Epicatechin: 6.52mg, Epicatechin: 6.52mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 323.53kcal (16.18%), Fat: 13.33g (20.51%), Saturated Fat: 4.82g (30.11%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 12.68g (4.61%), Sugar: 8.55g (9.5%), Cholesterol: 80.1mg (26.7%), Sodium: 382.63mg (16.64%), Alcohol: 4.72g (100%), Alcohol %: 2.09% (100%), Protein: 27.28g (54.56%), Selenium: 35.33µg (50.48%), Vitamin B6: 0.91mg (45.36%), Vitamin B3: 7.8mg (39.03%), Zinc: 4.8mg (32%), Phosphorus: 285.8mg (28.58%), Vitamin K: 28.75µg (27.38%), Potassium: 704.91mg (20.14%), Vitamin B12: 1.06µg (17.68%), Iron: 3.01mg (16.71%), Vitamin C: 11.74mg (14.23%), Manganese: 0.28mg (14.08%), Fiber: 3.28g (13.11%), Magnesium: 51mg (12.75%), Vitamin B2: 0.21mg (12.41%), Folate: 44.66µg (11.16%), Vitamin B1: 0.16mg (10.54%), Vitamin B5: 1.03mg (10.25%), Vitamin A: 492.39IU (9.85%), Copper: 0.18mg (8.89%), Vitamin E: 1.2mg (8.01%), Calcium: 64.62mg (6.46%)