



Steaks with Mushroom Gravy

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz beef tenderloin steaks trimmed of fat
- 0.5 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 0.5 cup shallots finely chopped
- 8 oz portabello mushrooms fresh sliced
- 1.3 oz mushrooms
- 1 cup water

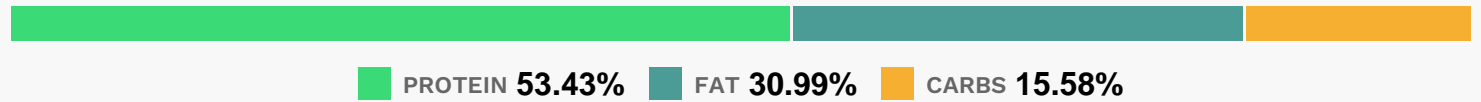
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat 12-inch skillet over medium-high heat.
- Sprinkle both sides of steaks with pepper and salt.
- Add to skillet; cook 6 to 8 minutes, turning once, or until of desired doneness.
- Remove steaks from skillet; cover to keep warm.
- Coat skillet with cooking spray.
- Add shallots and mushrooms; cook 5 minutes.
- Pour gravy mix into small bowl. Gradually add water, stirring with wire whisk until blended.
- Add gravy to skillet, scraping pan to loosen brown particles. Cook 1 minute. Spoon gravy over steaks.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.36, Inflammation Score:-3, Nutrition Score:16.720000103278%

Nutrients (% of daily need)

Calories: 205.24kcal (10.26%), Fat: 7g (10.78%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 5.96g (2.17%), Sugar: 3.96g (4.4%), Cholesterol: 72.57mg (24.19%), Sodium: 220.17mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.35%), Selenium: 46µg (65.72%), Vitamin B3: 10.22mg (51.1%), Vitamin B6: 0.92mg (45.9%), Zinc: 5.02mg (33.47%), Phosphorus: 326.3mg (32.63%), Potassium: 736.87mg (21.05%), Vitamin B12: 1.08µg (18.05%), Vitamin B5: 1.6mg (16.03%), Copper: 0.3mg (14.99%), Vitamin B2: 0.23mg (13.71%), Iron: 2.41mg (13.37%), Folate: 41.87µg (10.47%), Manganese: 0.19mg (9.53%), Vitamin B1: 0.14mg (9.11%), Magnesium: 35.09mg (8.77%), Fiber: 1.97g (7.87%), Calcium: 40.74mg (4.07%), Vitamin C: 2.37mg (2.87%), Vitamin E: 0.38mg (2.52%), Vitamin K: 2.01µg (1.91%), Vitamin D: 0.21µg (1.37%)