



## Stuffing-Topped Beef Filets

READY IN



27 min.

SERVINGS



27

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 lb beef tenderloin filets
- 1 Tbsp butter
- 0.3 cup onions finely chopped
- 0.5 cup cheddar cheese shredded kraft
- 0.8 cup stove top stuffing mix for chicken in the canister
- 0.5 cup zucchini shredded

### Equipment

- bowl

frying pan

broiler

## Directions

Heat broiler.

Heat ovenproof skillet on medium heat.

Add meat; cook 6 min. on each side or until medium doneness (160F).

Remove from skillet; cover to keep warm.

Melt butter in same skillet on medium-high heat.

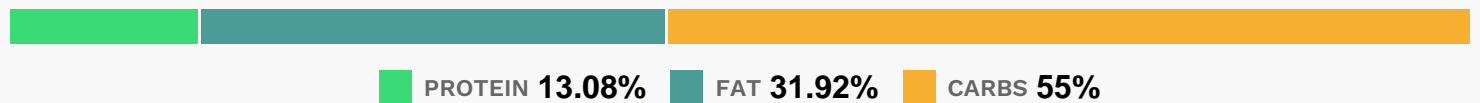
Add zucchini and onions; cook and stir 2 min. or until crisp-tender.

Transfer to large bowl; stir in stuffing mix and cheese.

Add meat to skillet; top with stuffing mixture.

Broil, 6 inches from heat source, 5 min. or until stuffing is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:4.41, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.395217390812%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 38.86kcal (1.94%), Fat: 1.37g (2.11%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 5.05g (1.84%), Sugar: 0.69g (0.77%), Cholesterol: 3.29mg (1.1%), Sodium: 109.67mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Selenium: 3.77µg (5.38%), Folate: 12.42µg (3.11%), Vitamin B1: 0.04mg (2.78%), Manganese: 0.05mg (2.29%), Vitamin B2: 0.04mg (2.27%), Calcium: 22.12mg (2.21%), Phosphorus: 20.42mg (2.04%), Vitamin B3: 0.39mg (1.96%), Iron: 0.27mg (1.48%), Fiber: 0.27g (1.07%)