



Tenderloin of Beef in Mushroom, Mustard and Red Wine Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces beef fillet steaks
- 0.5 cup beef stock
- 1 tablespoon canola oil
- 1 tablespoon dijon mustard
- 1 tablespoon flat-leaf parsley fresh chopped
- 2 servings salt and coarsely ground pepper black
- 0.5 cup red wine

- 0.5 shallots diced finely
- 8 ounces mushroom caps stemmed cleaned thinly sliced
- 1 tablespoon butter unsalted cold

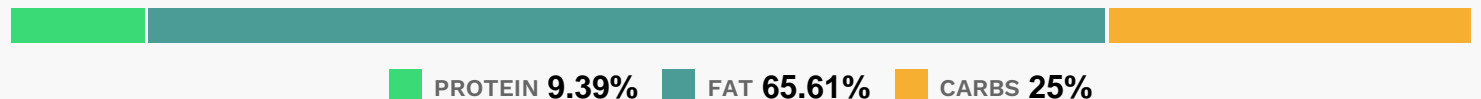
Equipment

- frying pan
- whisk

Directions

- Heat the oil in a skillet over high heat.
- Sprinkle the fillets with salt and pepper on both sides.
- Place the fillets into the skillet and sear until golden brown. Turn the fillets over and continue cooking for 4 to 5 minutes for medium-rare doneness.
- Remove the fillets to a plate.
- Remove all but 1 1/2 tablespoons of the fat in the skillet and return to high heat.
- Add the mushrooms and shallots, and season with salt and pepper. Cook until golden brown and their liquid has evaporated.
- Add the red wine and cook until reduced by half.
- Add the stock and cook until reduced by half.
- Whisk in the butter and mustard and cook for 30 seconds. Taste and season with salt and pepper if needed.
- Garnish with the parsley.
- Top the now-rested fillets with the sauce and taste.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:12.060434888886%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 219.47kcal (10.97%), Fat: 13.57g (20.87%), Saturated Fat: 4.16g (25.97%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 8.18g (2.97%), Sugar: 4.02g (4.46%), Cholesterol: 15.05mg (5.02%), Sodium: 216.57mg (9.42%), Alcohol: 6.36g (100%), Alcohol %: 1.86% (100%), Protein: 4.37g (8.74%), Vitamin K: 38.91µg (37.05%), Vitamin B3: 5.14mg (25.69%), Vitamin B6: 0.43mg (21.42%), Manganese: 0.41mg (20.29%), Vitamin B2: 0.33mg (19.41%), Vitamin B5: 1.78mg (17.77%), Phosphorus: 174.25mg (17.43%), Potassium: 578.14mg (16.52%), Selenium: 10.01µg (14.29%), Fiber: 3.45g (13.8%), Copper: 0.21mg (10.71%), Magnesium: 40.3mg (10.08%), Zinc: 1.46mg (9.71%), Vitamin E: 1.44mg (9.59%), Vitamin A: 350.73IU (7.01%), Iron: 1.23mg (6.85%), Folate: 22.46µg (5.61%), Vitamin B1: 0.06mg (3.99%), Vitamin C: 3.19mg (3.87%), Vitamin D: 0.56µg (3.72%), Calcium: 23.79mg (2.38%)