



Tenderloin Steaks with Horseradish Mustard Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



14 min.

SERVINGS



4

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup low-salt beef broth
- ☐ 2 tablespoons horseradish mustard
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar

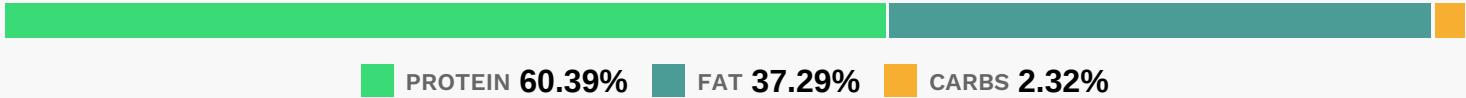
Equipment

☐ frying pan

Directions

- ☐ Sprinkle steaks evenly with salt and pepper.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add steaks, and cook 5 minutes on each side or until desired degree of doneness.
- ☐ Place steaks on a serving platter, and keep warm.
- ☐ Add broth, mustard, and sugar to pan; cook over low heat 2 minutes or until thoroughly heated, stirring constantly. Return steaks to pan, turning to coat with sauce.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:11.935217407734%

Nutrients (% of daily need)

Calories: 176.74kcal (8.84%), Fat: 7.05g (10.85%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.61g (0.67%), Cholesterol: 72.57mg (24.19%), Sodium: 401.84mg (17.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.69g (51.38%), Selenium: 37.36µg (53.37%), Vitamin B3: 7.54mg (37.72%), Vitamin B6: 0.71mg (35.69%), Zinc: 4.55mg (30.35%), Phosphorus: 249.2mg (24.92%), Vitamin B12: 1.08µg (17.93%), Potassium: 430.58mg (12.3%), Iron: 2mg (11.1%), Vitamin B2: 0.15mg (8.55%), Vitamin B5: 0.77mg (7.65%), Magnesium: 30.5mg (7.62%), Vitamin B1: 0.1mg (6.59%), Copper: 0.09mg (4.68%), Folate: 15.89µg (3.97%), Calcium: 32.12mg (3.21%), Manganese: 0.06mg (3.15%), Vitamin E: 0.38mg (2.53%), Vitamin K: 1.68µg (1.6%), Fiber: 0.35g (1.42%)