



Tenderloin Steaks with Red Onion Marmalade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 tablespoons honey
- ☐ 2 cups onion red separated sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt divided

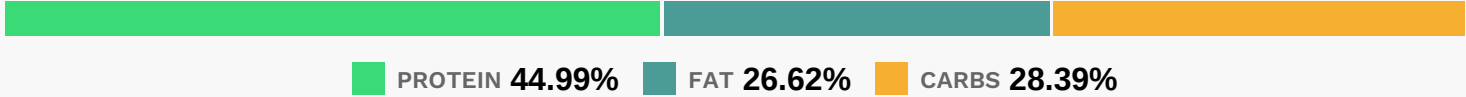
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan. Cover and cook 3 minutes.
- ☐ Add vinegar, honey, and 1/4 teaspoon salt to pan. Reduce heat, and simmer, uncovered, 8 minutes or until slightly thick, stirring occasionally.
- ☐ Sprinkle remaining 1/4 teaspoon salt, thyme, and pepper evenly over beef.
- ☐ Place beef on a broiler pan coated with cooking spray; broil 4 minutes on each side or until desired degree of doneness.
- ☐ Serve with onion mixture.

Nutrition Facts



Properties

Glycemic Index:27.82, Glycemic Load:6.18, Inflammation Score:-6, Nutrition Score:13.691739092055%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 234.18kcal (11.71%), Fat: 6.83g (10.5%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 14.88g (5.41%), Sugar: 12.02g (13.35%), Cholesterol: 72.57mg (24.19%), Sodium: 357.44mg (15.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.97g (51.93%), Selenium: 35.09µg (50.13%), Vitamin B6: 0.81mg (40.28%), Vitamin B3: 7.39mg (36.93%), Zinc: 4.68mg (31.21%), Phosphorus: 261.92mg (26.19%), Vitamin B12: 1.05µg (17.58%), Potassium: 530.37mg (15.15%), Iron: 2.38mg (13.24%), Vitamin B2: 0.16mg (9.45%), Magnesium:

35.36mg (8.84%), Vitamin B5: 0.84mg (8.42%), Manganese: 0.16mg (8.19%), Vitamin B1: 0.12mg (8.14%), Folate: 30.86µg (7.71%), Vitamin C: 6.14mg (7.44%), Copper: 0.13mg (6.3%), Fiber: 1.51g (6.02%), Vitamin K: 6.17µg (5.88%), Calcium: 49.89mg (4.99%), Vitamin E: 0.39mg (2.58%)