



Wellzones with Cheesy Side Sauce

READY IN



90 min.

SERVINGS



6

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces baby portobello mushrooms sliced
- ☐ 2 tablespoons butter
- ☐ 0.5 cup beer dark
- ☐ 1 tablespoon dijon mustard
- ☐ 1 eggs
- ☐ 0.5 pound filet mignon steaks cut into 1/2-inch cubes
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove chopped
- ☐ 0.5 cup milk

- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon paprika
- ☐ 1 pound puff pastry frozen thawed
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 tablespoons water
- ☐ 1 cup cheddar shredded white
- ☐ 0.3 teaspoon pepper white
- ☐ 2 teaspoons worcestershire sauce

Equipment

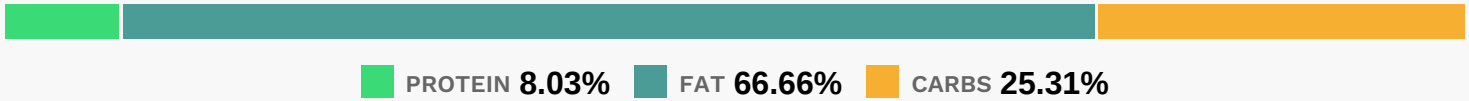
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ rolling pin

Directions

- ☐ To a large saute pan over medium heat, add the oil, mushrooms, garlic and paprika. Season with salt and pepper, to taste, and saute the mushrooms until brown and tender, about 3 to 4 minutes.
- ☐ Remove the mushrooms to a food processor and add the mustard. Pulse until coarsely ground.
- ☐ Transfer the mixture to a bowl and let cool.
- ☐ In a small bowl whisk the egg together with 2 tablespoons of water, to make an egg wash, and set aside.

- ☐ Roll out the puff pastry on a lightly floured flat surface. Lightly dust the top of the pastry with flour and roll out, using a rolling pin, until it is 1/4-inch thick.
- ☐ Cut out 6 large rounds about 5 inches in diameter. You can use the lid of a small pot to cut out the rounds.
- ☐ Put a heaping tablespoon of the mushroom filling in the center of 1 of the puff pastry rounds.
- ☐ Add a heaping tablespoon of the cubed tenderloin on top of the mushroom mixture. Season with a salt and pepper, to taste.
- ☐ Brush the edge of the lower half of the puff pastry round with egg wash. Fold the upper half of the puff pastry round over the filling to make a half moon. Press the edges together and crimp with the tines of a fork to seal. Put on a sheet tray lined with parchment paper. Repeat with remaining rounds and filling.
- ☐ Put the Wellzones in the refrigerator until the dough is cold and firm, about 30 minutes
- ☐ Preheat the oven to 400 degrees F.
- ☐ Brush the tops of the Wellzones with the egg wash and bake until golden brown, about 20 minutes.
- ☐ Remove from the oven to a serving platter and serve hot with the cheese sauce.
- ☐ While the Wellzones are baking, melt the butter in a saucepan over medium heat. Stir in the flour and cook for 2 minutes.
- ☐ Whisk in the milk, beer, Worcestershire sauce, paprika, and white pepper and bring to a simmer. Stir in the cheese and cook until completely melted and combined.
- ☐ Remove from heat and serve with the Wellzones.

Nutrition Facts



Properties

Glycemic Index:68.42, Glycemic Load:20.69, Inflammation Score:-6, Nutrition Score:14.691304375296%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg
Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 643.01kcal (32.15%), Fat: 47.65g (73.31%), Saturated Fat: 14.92g (93.28%), Carbohydrates: 40.7g (13.57%),
Net Carbohydrates: 38.67g (14.06%), Sugar: 2.87g (3.19%), Cholesterol: 58.59mg (19.53%), Sodium: 418.14mg
(18.18%), Alcohol: 0.77g (100%), Alcohol %: 0.4% (100%), Protein: 12.91g (25.82%), Selenium: 35.28µg (50.39%),
Vitamin B3: 5.22mg (26.1%), Vitamin B2: 0.44mg (25.75%), Vitamin B1: 0.37mg (24.85%), Manganese: 0.46mg
(23.07%), Phosphorus: 220.61mg (22.06%), Folate: 83.47µg (20.87%), Calcium: 179.89mg (17.99%), Vitamin K:
17.89µg (17.03%), Iron: 2.65mg (14.74%), Vitamin E: 1.92mg (12.8%), Vitamin A: 628.84IU (12.58%), Copper: 0.22mg
(11.22%), Zinc: 1.54mg (10.29%), Fiber: 2.03g (8.13%), Potassium: 282.55mg (8.07%), Vitamin B5: 0.75mg (7.46%),
Vitamin B6: 0.14mg (6.95%), Vitamin B12: 0.41µg (6.76%), Magnesium: 25.1mg (6.27%), Vitamin D: 0.6µg (3.98%)