



Beef Tenderloin

Number of Servings: 2
Calories Per Serving: 757
PCF Ratio: 24-1-72

Single Serving Comment: Single serving is 1/4 of the total recipe

Cooking Instructions

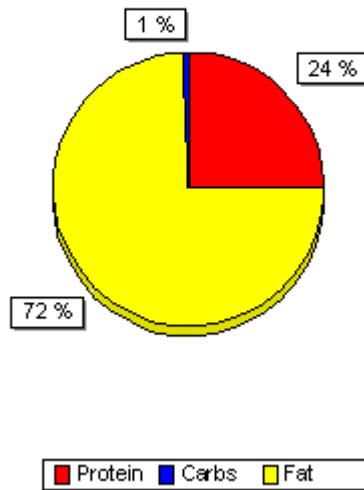
Ingredients:

- 500g Fillet Steak
 - 1tsp Olive Oil
 - 1/4 cup Red Table Wine
 - 1 tsp Ground Black Pepper
 - 2tsp Paprika
- (serves 2)

Cut tenderloin into 4 steaks 3/4 inch thick. Combine the spices an rub steak with spice mixture. Let stand for 5 minutes.

Heat oil in a non stick pan over medium heat until hot. Add steaks and cook for 4 minutes on each side on each side to desired degree of doneness.. Remove steak from pan. Add wine and water to skillet and reduce liquid to 1/4 cup. Spoon wine mixture over steaks.

24-1-72 Ratio



Nutrition Information	
Serving Size: Single serving is 1/4 of the total recipe	
Servings: 1	
Amount Per Serving	
Calories 760	Calories from Fat 550
% Daily Value*	
Total Fat 60g	92%
Saturated Fat 25g	126%
Cholesterol 175mg	59%
Sodium 125mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1 g	
Protein 45 g	
Vitamin A 20%	Vitamin C 2%
Calcium 2%	Iron 35%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
BEEF TENDERLOIN, RAW, SLF (FILET MIGNON)	short loin, trim to 1/2" fat, prime	500	500	1440	89						
OLIVE OIL	salad or cooking	1 tsp	2	13.3							
WINE, RED TABLE	1 wine glass	1/4 cup	59	42.4	.1	1	.6				

Beef Tenderloin (continued)

PEPPER, BLACK, GROUND	1 tsp	2	5.4	.2	1.4	.0							
PAPRIKA	2 tsp	4	12.1	.6	2.3	.4	.1	.3					.0
Recipe Total:		567	1513.1	90	4.7	1	.1	.3					.0
Single Serving Total:		283	756.6	45	2.4	.5	.1	.1					.0

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
BEEF TENDERLOIN, RAW, SLF (FILET MIGNON)				117.8	50.2	1.4	3.2	355				.6	1	14.7
OLIVE OIL				1.5	.2	.0	.1							
WINE, RED TABLE									5.5				.0	.0
PEPPER, BLACK, GROUND			.6	.1	.0		.0			.3	6.3			.0
PAPRIKA			1.6	.5	.1	.0	.3			110.8	2214.9	.0	.1	.6
Recipe Total:			2.1	119.9	50.5	1.5	3.7	355	5.5	111.1	2221.1	.6	1.1	15.4
Single Serving Total:			1.1	59.9	25.3	.7	1.8	177.5	2.7	55.5	1110.6	.3	.6	7.7

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU	Calcium (mg)	Magnesium (mg)
BEEF TENDERLOIN, RAW, SLF (FILET MIGNON)	1.5	1.8	30	30		30	12.8						35	95
OLIVE OIL											.2		.0	
WINE, RED TABLE	.0	.0	1.2	1.2		1.2							4.7	7.7
PEPPER, BLACK, GROUND			.2	.2		.2			.4		.0		9.2	4.1
PAPRIKA	.1	.2	4.5	4.5		4.5			3		1.3		7.4	7.8
Recipe Total:	1.6	2	35.8	35.8		35.8	12.8		3.4		1.5		56.3	114.5
Single Serving Total:	.8	1	17.9	17.9		17.9	6.4		1.7		.7		28.2	57.2

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
BEEF TENDERLOIN, RAW, SLF (FILET MIGNON)	885	1480	240			.5			11.4	.1		84.5	14.9
OLIVE OIL		.0	.0										
WINE, RED TABLE	8.2	65.9	2.9			.0		.3	.4			.1	.1
PEPPER, BLACK,	3.6	26.4	.9			.0		.6	.1			.1	.0

Beef Tenderloin (continued)

GROUND

PAPRIKA	14.5	98.4	1.4			.0			1	.0		.2	.2	
Recipe Total:	911.4	1670.8	245.3			.5			13.3	.6		84.9	15.1	
Single Serving Total:	455.7	835.4	122.7			.3			6.7	.3		42.4	7.6	