



Bacon Wrapped Filet Mignon

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

Ingredients

- 4 inches beef tenderloin steaks thick
- 4 slices bacon smoked
- 2 large cloves garlic
- 4 servings salt and pepper

Equipment

- toothpicks
- grill
- tongs

Directions

- Place the tenderloins on a large dish and wrap a slice of room temperature bacon around each filet, gently stretching the bacon if needed. Secure the ends of the bacon with a toothpick.
- Cut the garlic cloves in half and rub both sides of each filet with the cut ends of the garlic. Season well with salt and pepper on both sides.
- Pre-heat grill to very hot. With tongs, place each steak on the grill and for medium-rare cook for 3-4 minutes, rotating the steaks halfway through 90 degrees for nice grill marks.
- Turn the steaks over and cook another 3-4 minutes.
- Remove from the grill and let rest loosely covered for 5 minutes before removing toothpicks and serving.
- Serve as is or with sauted garlic mushrooms

Nutrition Facts

PROTEIN 14.17% **FAT 82.61%** **CARBS 3.22%**

Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.8217391304348%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 12.64%, Saltiness: 100%, Sourness: 11.68%, Bitterness: 20.51%, Savoriness: 73.51%, Fattiness: 76.5%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 97.73kcal (4.89%), Fat: 8.89g (13.68%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.02g (0.02%), Cholesterol: 16.15mg (5.38%), Sodium: 341.08mg (14.83%), Protein: 3.43g (6.86%), Selenium: 5.41µg (7.73%), Vitamin B3: 1.06mg (5.29%), Vitamin B6: 0.09mg (4.65%), Vitamin B1: 0.07mg (4.37%), Phosphorus: 39.28mg (3.93%), Zinc: 0.38mg (2.52%), Vitamin B12: 0.13µg (2.23%), Potassium: 58.61mg (1.67%), Vitamin B5: 0.15mg (1.47%), Manganese: 0.03mg (1.41%), Vitamin B2: 0.02mg (1.32%)