



Balsamic-Glazed Filet Mignon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 16 ounce beef tenderloin steaks
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons bottled garlic minced
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 3 tablespoons cooking sherry dry
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons soya sauce low-sodium

☐ 0.3 teaspoon salt

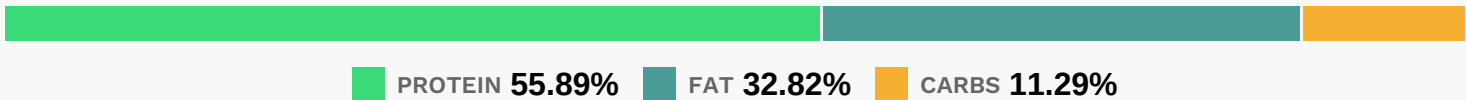
Equipment

☐ frying pan

Directions

- ☐ Sprinkle both sides of steaks evenly with salt and black pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan; keep warm.
- ☐ Add garlic and red pepper to pan; saut 30 seconds.
- ☐ Add sherry to pan; bring to a boil. Cook 30 seconds.
- ☐ Add soy sauce and remaining ingredients; bring to a boil, stirring occasionally. Reduce heat, and cook 1 minute.
- ☐ Serve with steaks.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:2.14, Inflammation Score:-2, Nutrition Score:12.24347833706%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 199.99kcal (10%), Fat: 6.77g (10.42%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 5.07g (1.85%), Sugar: 3.65g (4.06%), Cholesterol: 72.57mg (24.19%), Sodium: 498.81mg (21.69%), Alcohol: 1.16g (100%), Alcohol %: 1.03% (100%), Protein: 25.96g (51.92%), Selenium: 35.04µg (50.06%), Vitamin B6:

0.76mg (37.86%), Vitamin B3: 7.4mg (37%), Zinc: 4.62mg (30.82%), Phosphorus: 257.42mg (25.74%), Vitamin B12: 1.05µg (17.58%), Potassium: 456.81mg (13.05%), Iron: 2.06mg (11.46%), Vitamin B2: 0.16mg (9.39%), Magnesium: 34.21mg (8.55%), Vitamin B5: 0.79mg (7.85%), Manganese: 0.13mg (6.34%), Vitamin B1: 0.09mg (6.2%), Copper: 0.1mg (5.14%), Folate: 18.56µg (4.64%), Calcium: 35.03mg (3.5%), Vitamin E: 0.41mg (2.74%), Vitamin K: 1.72µg (1.64%)