



 **100%**
HEALTH SCORE

Beef Filets with Ancient Grain and Kale Salad

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons almonds sliced
- 12 ounce beef tenderloin steaks cut (filet mignon)
- 1 cup pearlized farro
- 3 cloves garlic divided minced
- 1 cup kale thinly sliced
- 2 teaspoons juice of lemon fresh
- 1 cup beef broth reduced-sodium
- 0.1 teaspoon cracked pepper black

0.3 cup cranberries dried sweetened

Equipment

sauce pan

broiler pan

Directions

Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed.

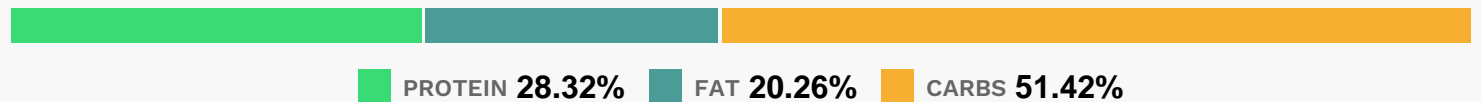
Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning once.

Season steaks with salt.

Serve with farro mixture.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:39.365217250326%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol:

4.97mg, Kaempferol: 4.97mg, Kaempferol: 4.97mg, Kaempferol: 4.97mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 727.6kcal (36.38%), Fat: 16.6g (25.53%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 94.8g (31.6%), Net Carbohydrates: 76.58g (27.85%), Sugar: 12.49g (13.88%), Cholesterol: 108.86mg (36.29%), Sodium: 329.81mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.21g (104.41%), Selenium: 90.83µg (129.75%), Manganese: 1.77mg (88.52%), Vitamin B3: 16.11mg (80.55%), Fiber: 18.22g (72.9%), Vitamin B6: 1.41mg (70.57%), Phosphorus: 639.07mg (63.91%), Zinc: 9.31mg (62.05%), Vitamin K: 46.62µg (44.4%), Magnesium: 150.83mg (37.71%), Potassium: 1264.26mg (36.12%), Copper: 0.68mg (34.17%), Iron: 5.91mg (32.85%), Vitamin B2: 0.48mg (27.96%), Vitamin B12: 1.58µg (26.37%), Vitamin B1: 0.36mg (24.1%), Vitamin E: 3.51mg (23.38%), Vitamin A: 1072.44IU (21.45%), Vitamin C: 13.18mg (15.97%), Vitamin B5: 1.51mg (15.09%), Folate: 57.18µg (14.29%), Calcium: 130.35mg (13.04%)