



Beef Fillets with Blue Cheese Butter

 Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz beef tenderloin fillets ()
- 0.3 cup cheese blue crumbled
- 0.5 cup butter softened
- 2 tablespoons chives fresh chopped
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- bowl

- frying pan
- paper towels
- wooden spoon

Directions

- Sprinkle fillets evenly with salt and pepper.
- Let stand at room temperature.
- Meanwhile, combine butter, blue cheese, and chives in a small bowl; stir using a wooden spoon until blended. Cover and chill.
- Place a large nonstick skillet over medium-high heat until hot. Pat fillets dry with paper towels, and coat both sides with cooking spray.
- Add fillets to pan; cook 3 to 4 minutes on each side or until desired degree of doneness. For grown-up servings, top 2 fillets with 1 Tbsp. each of Blue Cheese Butter. For plain servings, serve fillets without Blue Cheese Butter.
- Leftover Note: Christine H., of Danville, CA, suggests spooning the leftover Blue Cheese Butter into 1 Tbsp. portions in a single layer on a large plate. Freeze until firm; then transfer to an airtight container, and freeze up to 1 month. Use the butter again to prepare this recipe or to season your favorite steamed vegetables.
- MENU IDEA FOR 4 * Beef Fillets with Blue Cheese Butter * Steamed asparagus * Crusty French rolls
- GROCERIES NEEDED Check staples: salt, pepper, butter, olive oil cooking spray * 4 (4-oz.) beef tenderloin fillets (about 1 inch thick) * 1 (4-oz.) package crumbled blue cheese * 1 bunch fresh chives or 1 container frozen chopped chives * 1 lb. fresh asparagus * Crusty French rolls

Nutrition Facts

PROTEIN 3.55% **FAT 95.72%** **CARBS 0.73%**

Properties

Glycemic Index:38.5, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:2.4765217213527%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin:

0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 234.31kcal (11.72%), Fat: 25.45g (39.16%), Saturated Fat: 16.17g (101.05%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.09g (0.1%), Cholesterol: 67.33mg (22.44%), Sodium: 570.26mg (24.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin A: 840.13IU (16.8%), Vitamin K: 5.79µg (5.52%), Calcium: 54.03mg (5.4%), Vitamin E: 0.69mg (4.57%), Phosphorus: 40.73mg (4.07%), Vitamin B2: 0.04mg (2.59%), Vitamin B12: 0.15µg (2.52%), Selenium: 1.53µg (2.19%), Manganese: 0.04mg (1.95%), Vitamin B5: 0.19mg (1.85%), Zinc: 0.26mg (1.75%), Folate: 5.51µg (1.38%), Vitamin C: 0.87mg (1.06%), Potassium: 36.23mg (1.04%)