



Beef Fillets With Green Peppercorn Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce frangelico
- ☐ 1 teaspoon butter
- ☐ 0.3 teaspoon dijon mustard
- ☐ 5 ounce evaporated milk fat-free canned
- ☐ 1 cup chicken broth fat-free low-sodium
- ☐ 20 peppercorns green
- ☐ 2 cups plum brandy
- ☐ 1 teaspoon olive oil

- ☐ 4 servings parsley italian
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

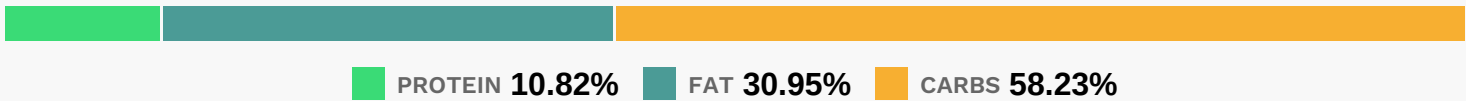
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle beef fillets evenly with salt and pepper.
- ☐ Melt butter with olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add fillets, and cook 6 minutes on each side or to desired degree of doneness.
- ☐ Remove fillets from skillet, and keep warm.
- ☐ Add wine, broth, and peppercorns to skillet; cook 20 minutes or until liquid is reduced by half. Stir in evaporated milk and mustard; cook, over low heat, 5 to 7 minutes or until slightly thickened. Return fillets to skillet, and serve warm.
- ☐ Garnish, if desired
- ☐ Note: Green peppercorns are immature, tender peppercorns jarred in brine. They can be found near capers in the pickled food section of the supermarket.
- ☐ Original recipe: Calories 840 (70% from fat); Fat 65g (sat 36g); Chol: 312mg.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:7.3500000724326%

Flavonoids

Petunidin: 7.96mg, Petunidin: 7.96mg, Petunidin: 7.96mg, Petunidin: 7.96mg Delphinidin: 4.68mg, Delphinidin: 4.68mg, Delphinidin: 4.68mg, Delphinidin: 4.68mg Malvidin: 113.8mg, Malvidin: 113.8mg, Malvidin: 113.8mg, Malvidin: 113.8mg Peonidin: 4.72mg, Peonidin: 4.72mg, Peonidin: 4.72mg, Peonidin: 4.72mg Catechin: 11.83mg, Catechin: 11.83mg, Catechin: 11.83mg Epicatechin: 9.07mg, Epicatechin: 9.07mg, Epicatechin: 9.07mg, Epicatechin: 9.07mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 271.37kcal (13.57%), Fat: 5.09g (7.83%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 21.34g (7.76%), Sugar: 13.01g (14.46%), Cholesterol: 10.28mg (3.43%), Sodium: 501.28mg (21.79%), Alcohol: 18.36g (100%), Alcohol %: 5.13% (100%), Protein: 4g (8.01%), Vitamin K: 66.83µg (63.65%), Calcium: 111.84mg (11.18%), Phosphorus: 103.78mg (10.38%), Vitamin A: 467.96IU (9.36%), Manganese: 0.19mg (9.26%), Vitamin B2: 0.16mg (9.2%), Potassium: 295.06mg (8.43%), Vitamin C: 6mg (7.27%), Vitamin B3: 1.19mg (5.95%), Magnesium: 22.52mg (5.63%), Copper: 0.1mg (4.98%), Iron: 0.76mg (4.25%), Zinc: 0.46mg (3.1%), Vitamin B5: 0.29mg (2.86%), Vitamin B1: 0.04mg (2.85%), Folate: 8.99µg (2.25%), Selenium: 1.54µg (2.2%), Vitamin B12: 0.12µg (1.95%), Vitamin E: 0.27mg (1.82%), Vitamin B6: 0.03mg (1.41%)