



Black Pepper Crusted Filet Mignon with Goat Cheese and Roasted Red Pepper-Ancho Salsa

 Gluten Free

READY IN



112 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ancho chiles
- ☐ 2 grilled bell peppers red cut into 1/ strips
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 4 servings cilantro leaves for garnish
- ☐ 4 filet mignon steaks
- ☐ 3 tablespoons cilantro leaves fresh chopped

- ☐ 3 cloves garlic coarsely chopped
- ☐ 8 ounces goat cheese fresh cut into 4 slices
- ☐ 4 teaspoons coarsely ground pepper black
- ☐ 2 teaspoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons pinenuts
- ☐ 3 tablespoons red wine vinegar

Equipment

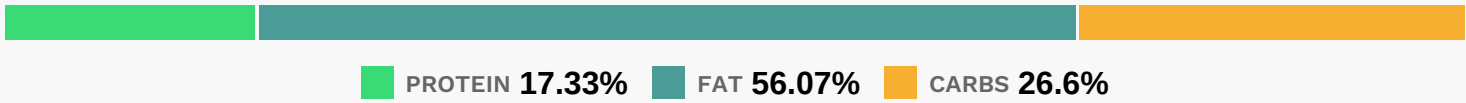
- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Place the ancho chiles in a medium bowl, cover with boiling water and let sit at room temperature for 1 hour.
- ☐ Remove the chiles from the soaking liquid, stem and coarsely chop, and combine in a blender with the garlic, pine nuts, honey and 1/4 cup of the soaking liquid. Blend until smooth.
- ☐ Pour the mixture into a medium bowl and stir in the bell pepper strips, vinegar, cilantro, salt and pepper. Cover and let sit at room temperature for at least 30 minutes and up to 4 hours before serving.
- ☐ Heat your grill to high.
- ☐ Brush the filets with the oil and season both sides of each filet with the salt and 1 side of each filet with the black pepper.
- ☐ Place the steaks on the grill, pepper side down and grill until lightly charred and crusty, 2 to 3 minutes. Turn the steaks over, and grill for 2 to 3 minutes longer for medium-rare.
- ☐ Turn the steaks, once more so that the pepper side is facing up and top each filet with a slice of the cheese. Close the cover and grill until the cheese begins to melt slightly, about 1 minute.

- ☐
- Remove the steaks from the grill, let rest for 5 minutes. Top each filet with the roasted red pepper–ancho salsa.
- ☐
- Garnish with cilantro leaves, before serving.

Nutrition Facts



Properties

Glycemic Index:60.57, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:23.672608800556%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 308kcal (15.4%), Fat: 20.15g (31%), Saturated Fat: 8.98g (56.1%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 14.44g (5.25%), Sugar: 13.28g (14.76%), Cholesterol: 26.08mg (8.69%), Sodium: 955.8mg (41.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.03%), Vitamin A: 7124.31IU (142.49%), Vitamin C: 82.58mg (100.1%), Manganese: 1.03mg (51.36%), Vitamin K: 32.82µg (31.26%), Vitamin B2: 0.5mg (29.21%), Copper: 0.57mg (28.49%), Fiber: 7.06g (28.24%), Vitamin B6: 0.5mg (24.84%), Phosphorus: 225.23mg (22.52%), Vitamin E: 2.7mg (18.03%), Iron: 2.99mg (16.61%), Potassium: 543.09mg (15.52%), Vitamin B3: 2.61mg (13.06%), Magnesium: 49mg (12.25%), Folate: 45.55µg (11.39%), Calcium: 107.31mg (10.73%), Zinc: 1.24mg (8.25%), Vitamin B5: 0.8mg (8.05%), Vitamin B1: 0.11mg (7.42%), Selenium: 2.75µg (3.93%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%)