



Blackberry and Herb Filet Mignon

READY IN



500 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup blackberries frozen thawed
- ☐ 4 servings blackberries fresh for garnish
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cognac
- ☐ 32 ounce filet mignon medallions
- ☐ 1 tablespoon herbs de provence
- ☐ 1.1 ounce herb marinade mix recommended: McCormick Grill Mates
- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons raspberry vinegar black

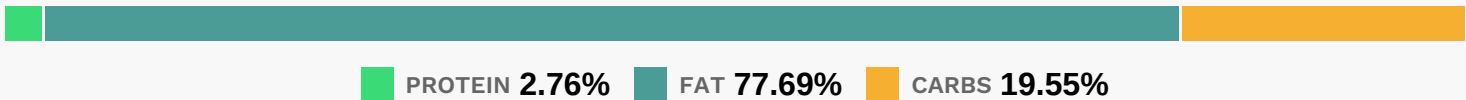
Equipment

- ☐ frying pan

Directions

- ☐ In large zip-top bag, combine all ingredients, except butter and fresh blackberries. Squeeze out air and seal bag. Massage bag until well combined and marinade mix is dissolved. Marinate in refrigerator 6 to 8 hours.
- ☐ Remove filets from refrigerator 30 minutes before cooking.
- ☐ Melt butter in heavy-bottomed, or cast iron, skillet over medium-high heat.
- ☐ Remove steaks from marinade and sear for 3 to 5 minutes per side.
- ☐ Serve hot, topped with pan juices and fresh blackberry garnish.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:11.390869387466%

Flavonoids

Cyanidin: 36.98mg, Cyanidin: 36.98mg, Cyanidin: 36.98mg, Cyanidin: 36.98mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.71mg, Catechin: 13.71mg, Catechin: 13.71mg, Catechin: 13.71mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 230.15kcal (11.51%), Fat: 16.75g (25.78%), Saturated Fat: 5.2g (32.48%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 3.96g (1.44%), Sugar: 2.18g (2.42%), Cholesterol: 15.05mg (5.02%), Sodium: 48.78mg (2.12%), Alcohol: 6.68g (100%), Alcohol %: 2.64% (100%), Protein: 1.34g (2.68%), Vitamin K: 77.99µg (74.27%), Manganese:

0.72mg (36.21%), Iron: 4.32mg (24%), Vitamin E: 3.55mg (23.69%), Fiber: 5.52g (22.1%), Calcium: 152.18mg (15.22%), Vitamin C: 8.44mg (10.23%), Vitamin A: 419.9IU (8.4%), Magnesium: 30.59mg (7.65%), Folate: 30µg (7.5%), Copper: 0.12mg (6.12%), Potassium: 173.14mg (4.95%), Vitamin B6: 0.1mg (4.77%), Vitamin B2: 0.06mg (3.32%), Vitamin B3: 0.64mg (3.21%), Zinc: 0.48mg (3.19%), Phosphorus: 24.65mg (2.46%), Vitamin B1: 0.03mg (1.83%), Vitamin B5: 0.18mg (1.79%)