



Classic Steak House Rubbed Filet Mignon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SEASONING

MARINADE

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 2 teaspoons peppercorns black
- ☐ 0.3 teaspoon rosemary dried
- ☐ 1 teaspoon ground mustard dry
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.8 teaspoon kosher salt

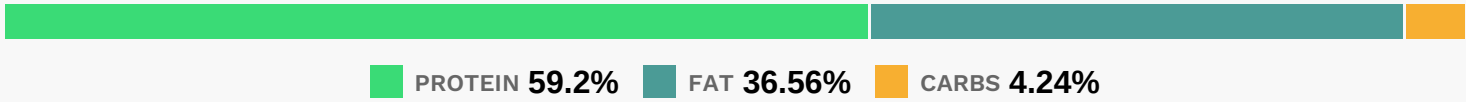
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place peppercorns and rosemary in a spice or coffee grinder; pulse until the pepper is coarsely ground.
- ☐ Combine pepper mixture, dry mustard, salt, and garlic powder; rub evenly over both sides of steaks.
- ☐ Place steaks on a grill rack coated with cooking spray, and grill 3 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:12.622608746685%

Nutrients (% of daily need)

Calories: 177.15kcal (8.86%), Fat: 6.98g (10.74%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.06g (0.06%), Cholesterol: 72.57mg (24.19%), Sodium: 499.13mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.87%), Selenium: 35.83µg (51.18%), Vitamin B3: 7.32mg (36.59%), Vitamin B6: 0.72mg (36%), Zinc: 4.57mg (30.47%), Phosphorus: 246.17mg (24.62%), Vitamin B12: 1.05µg (17.58%), Manganese: 0.31mg (15.51%), Potassium: 438.98mg (12.54%), Iron: 2.1mg (11.67%), Vitamin B2: 0.14mg (8.21%), Magnesium: 32.01mg (8%), Vitamin B5: 0.77mg (7.72%), Vitamin B1: 0.09mg (6.13%), Copper: 0.12mg (6.05%), Vitamin K: 4.99µg (4.75%), Folate: 16.12µg (4.03%), Calcium: 36.67mg (3.67%), Vitamin E: 0.4mg (2.68%), Fiber: 0.65g (2.62%)