



WHATSheATE



Double Smoked Bacon Wrapped Filet Mignon with Caramelized Mushrooms topped with Blue Cheese



Gluten Free



Popular

READY IN



40 min.

SERVINGS



2

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 strips double bacon smoked



1 tablespoon cheese blue crumbled



1 tablespoon butter



12 ounce filet mignon steaks room temperature



1 handful parsley



2 cloves garlic chopped

- ☐ 8 ounces mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 0.5 cup red wine
- ☐ 2 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Melt the butter in a pan over medium heat.
- ☐ Add the onion and saute until tender, about 5-7 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about a minute.
- ☐ Add the mushrooms and saute until they turn golden brown and caramelize, about 15-20 minutes. Meanwhile heat the oil in an oven safe pan over medium high heat. Season both sides of the filet mignon with salt and pepper and wrap the bacon around holding it together with a toothpick. Sear both sides of the filet mignon in the pan until slightly caramelized, about 2 minutes per side.
- ☐ Transfer the pan to a preheated 375F oven and cook for 4-6 minutes for medium rare., If your filets are 2 inches thick cook for a minute or two longer. Set the filet mignon aside to rest for 5 minutes.
- ☐ Add the wine to the pan that the filet mignon was cooked in and deglaze it.
- ☐ Transfer the wine to the pan with the mushrooms and deglaze it.
- ☐ Add the butter and simmer to reduce the sauce by half. Season with salt and pepper, remove from heat and mix in the parsley.
- ☐ Serve the filet mignon on the mushrooms and top it with the blue cheese.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:2.56, Inflammation Score:-9, Nutrition Score:13.943913034771%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 320.31kcal (16.02%), Fat: 22.9g (35.23%), Saturated Fat: 8.23g (51.46%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 9.79g (3.56%), Sugar: 5.02g (5.58%), Cholesterol: 32.19mg (10.73%), Sodium: 436.82mg (18.99%), Alcohol: 6.36g (100%), Alcohol %: 1.81% (100%), Protein: 8.04g (16.08%), Vitamin K: 38.1µg (36.28%), Vitamin B2: 0.53mg (31.34%), Vitamin B3: 5.28mg (26.4%), Selenium: 16.37µg (23.38%), Copper: 0.42mg (20.85%), Vitamin B5: 2mg (20.04%), Phosphorus: 180.99mg (18.1%), Potassium: 600.62mg (17.16%), Vitamin B6: 0.33mg (16.26%), Vitamin C: 11.65mg (14.12%), Manganese: 0.28mg (13.86%), Vitamin B1: 0.19mg (12.7%), Fiber: 2.34g (9.35%), Folate: 35.38µg (8.84%), Vitamin E: 1.31mg (8.76%), Vitamin A: 428.33IU (8.57%), Iron: 1.45mg (8.06%), Zinc: 1.2mg (8.01%), Magnesium: 29.85mg (7.46%), Calcium: 54.54mg (5.45%), Vitamin B12: 0.21µg (3.5%), Vitamin D: 0.33µg (2.22%)