



 **24%**
HEALTH SCORE

Easy Yet Romantic Filet Mignon

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon
- 16 ounce beef tenderloin steaks (1 pound total)
- 2 teaspoons olive oil
- 0.3 teaspoon onion powder
- 2 servings salt and pepper to taste
- 2 tablespoons shallots minced

Equipment

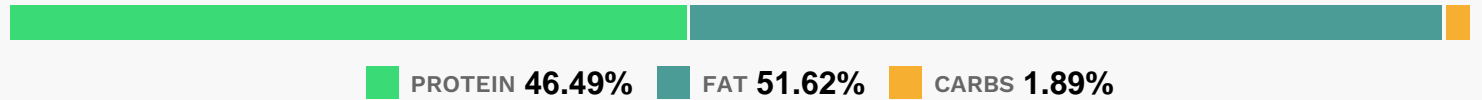
- oven

- toothpicks
- broiler pan

Directions

- Place oven rack in it's highest position. Set oven to Broil.
- Rub steaks all over with olive oil.
- Sprinkle with onion powder, then with salt and pepper. Wrap one slice of bacon around each steak, and secure with a toothpick.
- Place steaks onto a broiler pan, and broil for 5 to 7 minutes. Turn the steaks over, and sprinkle the tops with shallots. Broil for an additional 5 to 7 minutes, or until the steaks are cooked to your liking.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:24.19695652503%

Nutrients (% of daily need)

Calories: 470.81kcal (23.54%), Fat: 26.19g (40.3%), Saturated Fat: 8.45g (52.8%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.8g (0.66%), Sugar: 0.8g (0.89%), Cholesterol: 159.67mg (53.22%), Sodium: 465.63mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.08g (106.17%), Selenium: 73.75µg (105.36%), Vitamin B3: 15.44mg (77.19%), Vitamin B6: 1.51mg (75.27%), Zinc: 9.31mg (62.09%), Phosphorus: 512.49mg (51.25%), Vitamin B12: 2.22µg (36.99%), Potassium: 882.36mg (25.21%), Iron: 3.87mg (21.52%), Vitamin B2: 0.29mg (16.92%), Vitamin B5: 1.62mg (16.23%), Vitamin B1: 0.24mg (15.71%), Magnesium: 57.19mg (14.3%), Copper: 0.19mg (9.6%), Vitamin E: 1.38mg (9.19%), Folate: 33.04µg (8.26%), Calcium: 55.82mg (5.58%), Vitamin K: 5.22µg (4.97%), Manganese: 0.06mg (3.02%), Fiber: 0.36g (1.43%), Vitamin C: 0.86mg (1.04%)