



Filet Mignon and Balsamic Strawberries



Gluten Free



Low Fod Map

READY IN



85 min.

SERVINGS



4

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 24 ounce beef tenderloin filets
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon butter chilled
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups strawberries sliced

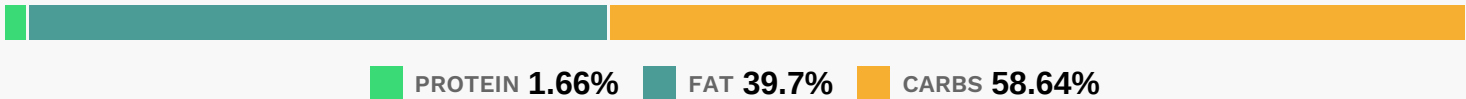
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Mix together the strawberries, brown sugar, and balsamic vinegar in a bowl, and allow to sit for 1 to 3 hours, stirring occasionally.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Heat olive oil in an oven-safe, heavy steel or cast-iron skillet over high heat.
- ☐ Sprinkle the filets with salt and pepper on both sides, gently place in the hot skillet, and sear each side until well-browned, 1 to 2 minutes per side. Slide the skillet into the preheated oven, and cook until they start to become firm and are reddish-pink and juicy in the center, about 10 minutes. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).
- ☐ Transfer the steaks to a platter, and tent with foil to rest.
- ☐ Pour steak juices from the skillet into a small saucepan. Strain the strawberries and discard the liquid.
- ☐ Add the strawberries to the steak juices, bring the sauce to a simmer over medium-low heat, and melt the butter into the sauce, tilting the pan several times to gently incorporate the butter into the sauce.
- ☐ Serve each fillet topped with about 1/2 cup of strawberries and a sprinkle of freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:3.01, Inflammation Score:-4, Nutrition Score:4.997826119156%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 145.6kcal (7.28%), Fat: 6.56g (10.09%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 20.33g (7.39%), Sugar: 19.24g (21.38%), Cholesterol: 7.53mg (2.51%), Sodium: 224.62mg (9.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Vitamin C: 42.34mg (51.32%), Manganese: 0.32mg (16.04%), Fiber: 1.47g (5.86%), Vitamin E: 0.8mg (5.3%), Folate: 17.54µg (4.38%), Potassium: 148.54mg (4.24%), Vitamin K: 4.1µg (3.9%), Magnesium: 12.76mg (3.19%), Iron: 0.54mg (3%), Calcium: 28.67mg (2.87%), Copper: 0.05mg (2.33%), Phosphorus: 21.86mg (2.19%), Vitamin B6: 0.04mg (1.99%), Vitamin A: 96.65IU (1.93%), Vitamin B3: 0.3mg (1.48%), Vitamin B1: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.13%), Vitamin B2: 0.02mg (1.01%)