



Filet Mignon Stuffed with Blue Cheese



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



19 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 teaspoon ground coriander
- ☐ 1 tablespoon ground pepper black finely
- ☐ 1 tablespoon onion powder
- ☐ 3 tablespoon salt
- ☐ 1 teaspoon paprika smoked
- ☐ 1 teaspoon sugar raw ()

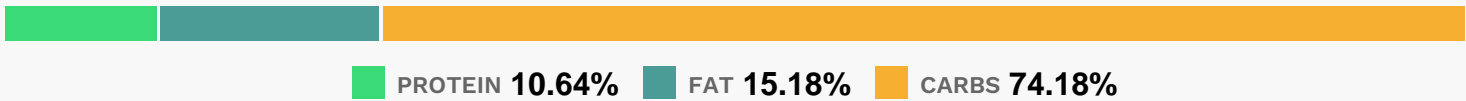
Equipment

- ☐ toothpicks
- ☐ grill

Directions

- ☐ To make the spice mixture stir together the salt, onion powder, black pepper, paprika, coriander, chili powder, sugar and dry mustard in an airtight container. Set aside until ready to use. There will be more than you need.
- ☐ Cut a deep pocket on the side of each of the steaks, with as small an opening as possible. You might want to have the butcher do this for you. Stuff one-fourth of the blue cheese into the pocket of each steak. Work the cheese in as far as you can and squeeze the opening shut to seal it. Secure with toothpicks if necessary to keep the cheese inside. Season liberally on both sides with the spice mixture.Prepare the grill for cooking over direct heat.
- ☐ Remove the toothpicks if using and place the steaks directly on the cooking grate. Cook for 3 minutes, rotate the steaks ¼ turn to make nice crosshatch marks, and then cook another 2 minutes. Flip and cook another 3 to 4 minutes for medium-rare, or to your degree of desired doneness.
- ☐ Remove to a platter and let rest for 5 minutes before serving.
- ☐ Serve with onions dredged in flour, salt and pepper and quickly deep fried (optional).

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:2.3795652311781%

Nutrients (% of daily need)

Calories: 19.3kcal (0.97%), Fat: 0.38g (0.59%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.22g (1.36%), Cholesterol: 0mg (0%), Sodium: 5242.68mg (227.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Manganese: 0.26mg (13%), Vitamin A: 402.8IU (8.06%), Fiber: 1.23g (4.94%), Vitamin K: 3.47µg (3.31%), Iron: 0.56mg (3.11%), Copper: 0.05mg (2.47%), Vitamin E: 0.37mg (2.46%), Calcium: 23.73mg (2.37%), Magnesium: 8.91mg (2.23%), Vitamin B6: 0.04mg (1.95%), Potassium: 67.87mg (1.94%), Selenium: 1.12µg (1.6%), Phosphorus: 15.2mg (1.52%), Zinc: 0.18mg (1.23%), Vitamin B1: 0.02mg (1.05%)