



Filet Mignon with Arugula Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounce baby arugula
- ☐ 16 ounce beef tenderloin steaks trimmed
- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 teaspoons butter
- ☐ 8 ounce pre cremini mushrooms
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup prechopped onion red
- ☐ 0.5 teaspoon salt divided

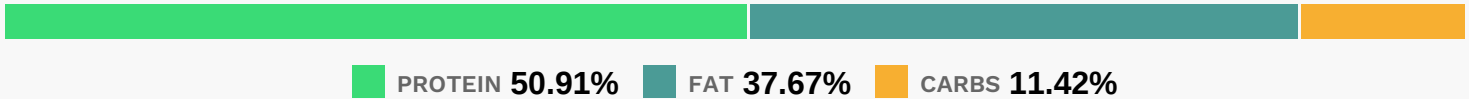
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle beef with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add beef to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove beef from pan; keep warm.
- ☐ Melt butter in pan; coat pan with cooking spray.
- ☐ Add remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, red onion, and mushrooms to pan; saut 4 minutes or until mushrooms release their liquid.
- ☐ Combine juice and arugula in a large bowl.
- ☐ Add mushroom mixture to arugula mixture; toss gently to combine. Arrange 1 1/2 cups salad mixture on each of 4 plates; top each serving with 1 steak.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:21.332608953766%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg Kaempferol: 12.49mg, Kaempferol: 12.49mg, Kaempferol: 12.49mg, Kaempferol: 12.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 217.05kcal (10.85%), Fat: 9.08g (13.98%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 4.9g (1.78%), Sugar: 2.74g (3.05%), Cholesterol: 77.95mg (25.98%), Sodium: 383mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.63g (55.26%), Selenium: 49.57µg (70.82%), Vitamin B3: 9.56mg (47.81%), Vitamin B6: 0.82mg (41.07%), Vitamin K: 40.45µg (38.52%), Zinc: 5.33mg (35.56%), Phosphorus: 330.67mg (33.07%), Vitamin B2: 0.45mg (26.45%), Potassium: 825.45mg (23.58%), Copper: 0.41mg (20.37%), Vitamin B12: 1.12µg (18.59%), Vitamin A: 904.93IU (18.1%), Vitamin B5: 1.78mg (17.79%), Folate: 68.69µg (17.17%), Iron: 2.62mg (14.56%), Magnesium: 50.56mg (12.64%), Manganese: 0.25mg (12.51%), Vitamin C: 9.7mg (11.76%), Vitamin B1: 0.16mg (10.98%), Calcium: 98.24mg (9.82%), Fiber: 1.3g (5.21%), Vitamin E: 0.58mg (3.89%)