



Filet Mignon with Bacon Cream Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 16 ounce beef tenderloin filets
- ☐ 1 tablespoon butter
- ☐ 0.3 cup half-and-half cream
- ☐ 1 teaspoon olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 4 shallots diced

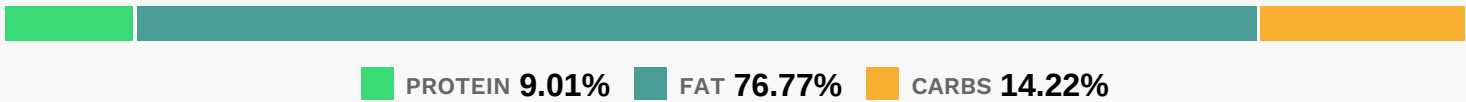
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Brush the filets with olive oil, and cook on the preheated grill to desired doneness (about 4 minutes per side for medium rare). An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Set the steaks aside on a platter tented with aluminum foil to rest.
- ☐ While the steaks are resting, prepare the sauce: cook and stir the chopped bacon in a small saucepan over medium heat until the bacon pieces are crisp, 3 to 5 minutes. Stir in the butter and shallots, and cook and stir until the shallots are soft and translucent, about 5 minutes more. Stir in the half-and-half, bring the mixture to a simmer over medium-low heat, and cook, stirring occasionally, until the sauce is slightly thickened, about 8 minutes. Season to taste with salt and pepper, and serve over the steaks.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.02, Inflammation Score:-2, Nutrition Score:2.9004347868588%

Nutrients (% of daily need)

Calories: 140.55kcal (7.03%), Fat: 12.15g (18.69%), Saturated Fat: 5.2g (32.49%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.59g (2.88%), Cholesterol: 23.71mg (7.9%), Sodium: 337.77mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Vitamin B6: 0.14mg (6.89%), Selenium: 4.14µg (5.91%), Phosphorus: 53.97mg (5.4%), Vitamin B1: 0.07mg (4.35%), Potassium: 137.02mg (3.91%), Manganese: 0.08mg (3.77%), Vitamin B3: 0.73mg (3.66%), Fiber: 0.8g (3.2%), Vitamin A: 148.11IU (2.96%), Vitamin B2: 0.05mg (2.88%), Calcium: 27.23mg (2.72%), Vitamin C: 2.14mg (2.59%), Zinc: 0.36mg (2.38%), Vitamin E: 0.34mg (2.29%), Folate: 9.06µg (2.26%), Magnesium: 8.82mg (2.2%), Iron: 0.38mg (2.13%), Vitamin B5: 0.21mg (2.12%), Vitamin B12: 0.12µg (1.95%), Copper: 0.03mg (1.52%), Vitamin K: 1.24µg (1.18%)