



Filet Mignon with Balsamic Syrup and Goat Cheese

 Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



138 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups balsamic vinegar
- 2 tablespoons butter
- 30 ounce filet mignon steaks (each)
- 2 ounces goat cheese fresh soft
- 6 servings salt and pepper black freshly ground
- 3 tablespoons sugar

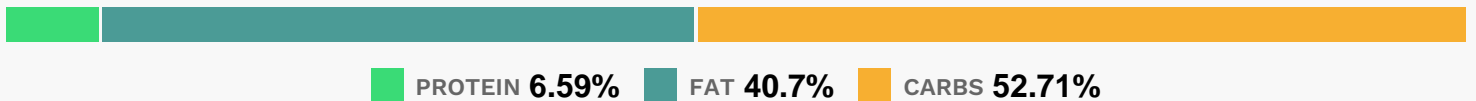
Equipment

- frying pan
- baking sheet
- sauce pan
- broiler

Directions

- Watch how to make this recipe.
- Boil the balsamic vinegar and sugar in a heavy small saucepan over medium-high heat until reduced to 1/3 cup, stirring occasionally, about 18 minutes.
- Meanwhile, preheat the broiler. Melt the butter in a heavy large skillet over medium-high heat.
- Sprinkle the steaks with salt and pepper. Cook the steaks to desired doneness, about 3 minutes per side for medium-rare.
- Transfer the steaks to a baking sheet. Crumble the cheese over the steaks and broil just until the cheese melts, about 1 minute.
- Sprinkle with pepper.
- Transfer the steaks to plates.
- Drizzle the balsamic sauce around the steaks and serve.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:9.63, Inflammation Score:-2, Nutrition Score:1.6521739172547%

Nutrients (% of daily need)

Calories: 137.86kcal (6.89%), Fat: 5.8g (8.92%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 16.87g (6.14%), Sugar: 15.61g (17.34%), Cholesterol: 14.38mg (4.79%), Sodium: 79.52mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.23%), Manganese: 0.11mg (5.3%), Copper: 0.09mg (4.37%), Vitamin A: 214.78IU (4.3%), Phosphorus: 37.58mg (3.76%), Iron: 0.65mg (3.62%), Calcium: 32.07mg (3.21%), Magnesium: 9.43mg (2.36%), Vitamin B2: 0.04mg (2.28%), Potassium: 76.43mg (2.18%), Vitamin B6: 0.02mg (1.2%)