



Filet Mignon with Béarnaise Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon tarragon dried
- ☐ 3 tablespoons cooking wine dry white
- ☐ 0.3 cup egg substitute
- ☐ 0.5 teaspoon lemon pepper seasoning salt-free
- ☐ 3 tablespoons butter reduced-calorie
- ☐ 1 tablespoon shallots minced

- ☐ 1 tablespoon cup heavy whipping cream fat-free sour
- ☐ 2 tablespoons tarragon vinegar

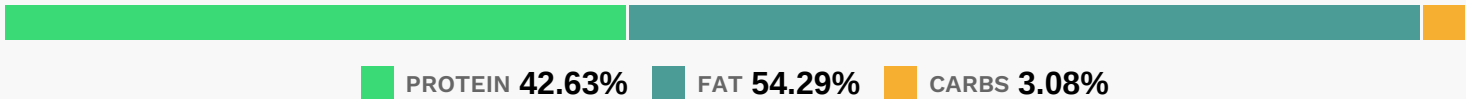
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ double boiler
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 5 ingredients in a small nonstick skillet. Bring mixture to a boil. Reduce heat, and simmer, uncovered, until mixture is reduced to 2 tablespoons.
- ☐ Pour mixture through a wire-mesh strainer into the top of a double boiler, discarding shallots.
- ☐ Add egg substitute, and stir well. Bring water in bottom of double boiler to a boil, stirring constantly. Reduce heat to low.
- ☐ Add margarine, 1 tablespoon at a time, stirring constantly with a wire whisk until blended. Cook, stirring constantly, until sauce thickens slightly.
- ☐ Remove from heat; stir in sour cream. Set aside, and keep warm.
- ☐ Place steaks on a broiler pan coated with cooking spray.
- ☐ Sprinkle steaks with lemon pepper seasoning. Broil 8 minutes on each side or until desired degree of doneness.
- ☐ Serve with sauce.
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:13.562608703323%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 266.89kcal (13.34%), Fat: 15.21g (23.4%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.62g (0.69%), Cholesterol: 72.84mg (24.28%), Sodium: 196.72mg (8.55%), Alcohol: 1.16g (100%), Alcohol %: 0.89% (100%), Protein: 26.87g (53.74%), Selenium: 41.05µg (58.64%), Vitamin B6: 0.75mg (37.41%), Vitamin B3: 7.34mg (36.68%), Zinc: 4.7mg (31.35%), Phosphorus: 258.29mg (25.83%), Vitamin B12: 1.13µg (18.75%), Potassium: 470.69mg (13.45%), Iron: 2.29mg (12.73%), Vitamin B2: 0.21mg (12.14%), Vitamin B5: 1.01mg (10.1%), Vitamin A: 429.64IU (8.59%), Magnesium: 32.19mg (8.05%), Vitamin B1: 0.11mg (7.15%), Vitamin E: 0.92mg (6.14%), Manganese: 0.11mg (5.3%), Copper: 0.1mg (4.99%), Calcium: 49.72mg (4.97%), Folate: 19.29µg (4.82%), Vitamin K: 2.07µg (1.97%), Vitamin D: 0.24µg (1.6%)