



# Filet Mignon with Cabernet Peppercorn Demi-glace

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1058 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon beef base
- 6 servings bell pepper black
- 3 tablespoons peppercorns black
- 6 servings cornstarch as needed
- 2 quarts demi-glace
- 6 filet mignons
- 0.5 cup heavy cream

- 0.3 cup olive oil
- 0.5 cup red wine
- 6 servings salt
- 0.5 cup shallots chopped
- 1 cup mushrooms white chopped

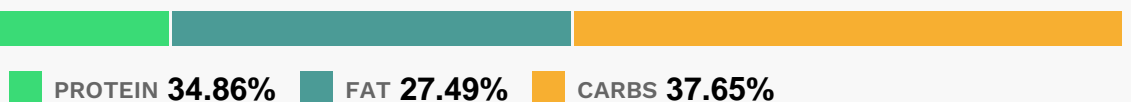
## Equipment

- sauce pan
- whisk
- grill

## Directions

- Oil and preheat the grill.
- Season both sides of the filets with salt and pepper.
- Place the filets on the grill at a 45 degree angle to establish nice grill marks. Once the filet reaches an internal temperature of 125 to 130 degrees for medium-rare, remove the steak from the grill and let rest about 5 minutes before serving.
- Plate each filet with the Cabernet Peppercorn Demi-glace and your favorite side dishes.
- In a saucepan over medium heat, saute mushrooms, shallots, and peppercorns in oil. When shallots are tender, deglaze with red wine and reduce by two-thirds.
- Whisk together the reduction and demi-glace until smooth.
- Whisk in the cream and beef base.
- Combine a few teaspoons of cornstarch (or more as needed) with a little cold water to make a slurry.
- Add slurry to the sauce to thicken; cook for 1 minute and then remove from the heat.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:1.63, Inflammation Score:-4, Nutrition Score:8.8834782579671%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 1057.76kcal (52.89%), Fat: 30.63g (47.12%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 94.4g (31.47%), Net Carbohydrates: 92.31g (33.57%), Sugar: 31.12g (34.57%), Cholesterol: 22.44mg (7.48%), Sodium: 6713.42mg (291.89%), Alcohol: 2.12g (100%), Alcohol %: 0.47% (100%), Protein: 87.41g (174.83%), Iron: 11.09mg (61.63%), Manganese: 0.75mg (37.32%), Vitamin K: 14.64µg (13.94%), Vitamin E: 1.54mg (10.27%), Fiber: 2.09g (8.36%), Vitamin B2: 0.12mg (7.23%), Copper: 0.14mg (7.05%), Potassium: 232.27mg (6.64%), Vitamin A: 320.64IU (6.41%), Vitamin B6: 0.12mg (5.98%), Phosphorus: 51.76mg (5.18%), Magnesium: 18.54mg (4.64%), Calcium: 45.79mg (4.58%), Vitamin B5: 0.43mg (4.27%), Selenium: 2.87µg (4.1%), Vitamin B3: 0.76mg (3.8%), Folate: 11.55µg (2.89%), Vitamin C: 2.03mg (2.46%), Vitamin B1: 0.04mg (2.46%), Vitamin D: 0.35µg (2.33%), Zinc: 0.3mg (2.01%)