



Filet Mignon with Cabernet Sauce

 Gluten Free

READY IN



36 min.

SERVINGS



4

CALORIES



85 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons butter
- ☐ 1 cup wine
- ☐ 16 ounce filet mignon steaks
- ☐ 1 cup less-sodium beef broth fat-free
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt divided

☐ 0.3 cup shallots minced

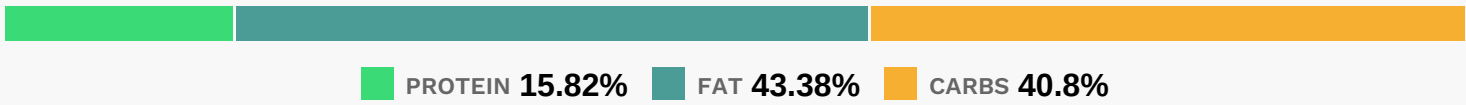
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle both sides of steaks evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan.
- ☐ Add shallots to pan; saut 1 minute. Stir in vinegar and soy sauce, scraping pan to loosen browned bits; cook 1 minute or until liquid evaporates, stirring constantly.
- ☐ Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, wine, and broth; bring to a boil. Cook until reduced to 1/2 cup (about 11 minutes).
- ☐ Remove from heat; stir in butter.
- ☐ Serve with steaks.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:1.2717391190969%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 84.89kcal (4.24%), Fat: 2.06g (3.17%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.8g (1.38%), Sugar: 1.18g (1.31%), Cholesterol: 5.38mg (1.79%), Sodium: 508.88mg (22.13%), Alcohol: 6.3g (100%), Alcohol %: 3.1% (100%), Protein: 1.69g (3.38%), Potassium: 183.63mg (5.25%), Manganese: 0.09mg (4.41%), Vitamin B6: 0.06mg (2.79%), Fiber: 0.55g (2.22%), Folate: 6.24µg (1.56%), Vitamin C: 1.2mg (1.46%), Phosphorus: 14.32mg (1.43%), Iron: 0.26mg (1.42%), Magnesium: 5.47mg (1.37%), Vitamin A: 64.43IU (1.29%)