



Filet Mignon with Fresh Herb and Garlic Rub



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons bottled garlic minced
- ☐ 1.5 teaspoons basil fresh minced
- ☐ 1.5 teaspoons rosemary leaves fresh minced
- ☐ 1.5 teaspoons thyme sprigs fresh minced
- ☐ 0.5 teaspoon salt

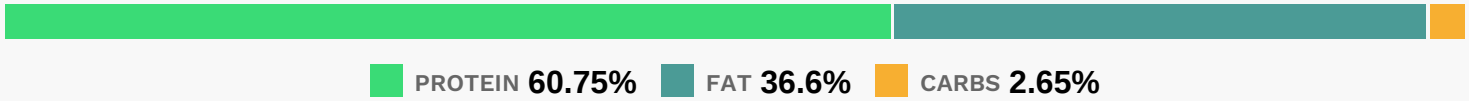
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a small bowl; rub evenly over steaks.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steaks to pan, and cook 4 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:11.818260967731%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 172.68kcal (8.63%), Fat: 6.76g (10.39%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.03g (0.03%), Cholesterol: 72.57mg (24.19%), Sodium: 353.58mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.46%), Selenium: 34.95µg (49.93%), Vitamin B6: 0.74mg (36.97%), Vitamin B3: 7.3mg (36.5%), Zinc: 4.55mg (30.32%), Phosphorus: 241.87mg (24.19%), Vitamin B12: 1.05µg (17.58%), Potassium: 418.1mg (11.95%), Iron: 2.01mg (11.14%), Vitamin B2: 0.14mg (8.26%), Vitamin B5: 0.75mg (7.55%), Magnesium: 28.19mg (7.05%), Vitamin B1: 0.09mg (5.96%), Copper: 0.1mg (5%), Manganese: 0.08mg (4.23%), Folate: 15.24µg (3.81%), Calcium: 33.43mg (3.34%), Vitamin C: 2mg (2.42%), Vitamin E: 0.36mg (2.37%), Vitamin K: 1.76µg (1.68%)