



Filet Mignon with GREY POUPON Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp grey poupon harvest coarse ground mustard
- 2 Tbsp cooking sherry dry
- 1 lb beef filet mignon steaks
- 0.3 tsp ground pepper black
- 4 tsp onions finely chopped
- 2 tsp vegetable oil; peanut oil preferred
- 0.3 cup whipping cream

Equipment

frying pan

Directions

Season steaks with pepper.

Heat oil in large skillet on high heat.

Add steaks; cook 2 to 3 min. on each side or until evenly browned on both sides. Cook 3 to 4 min. on medium heat or until steaks are medium doneness (160F), turning occasionally.

Remove steaks from skillet; cover to keep warm. Discard drippings from skillet.

Add onions to skillet; cook and stir 1 min.

Add sherry; cook 1 min., stirring constantly to loosen browned bits from bottom of skillet. Stir in cream and mustard; cook 5 min. or until thickened, stirring constantly.

Serve steaks topped with the cream sauce.

Nutrition Facts

 **PROTEIN 3.95%**  **FAT 89.58%**  **CARBS 6.47%**

Properties

Glycemic Index:3.53, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.1939130431932%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 10.97kcal (0.55%), Fat: 1.05g (1.62%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.12g (0.04%), Sugar: 0.09g (0.1%), Cholesterol: 2.24mg (0.75%), Sodium: 11.6mg (0.5%), Alcohol: 0.1g (100%), Alcohol %: 0.66% (100%), Protein: 0.1g (0.21%)