



Filet Mignon with Lemon Asparagus



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces asparagus spears
- ☐ 4 ounce beef tenderloin steak trimmed ()
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.1 teaspoon paprika smoked hot

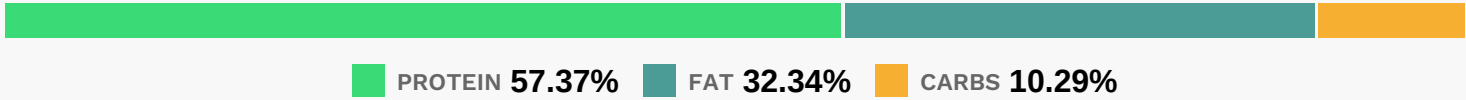
Equipment

☐ frying pan

Directions

- ☐ Heat a small, heavy skillet over medium-high heat.
- ☐ Sprinkle both sides of steak with 1/8 teaspoon salt, paprika, and pepper.
- ☐ Add steak to pan, and cook 3 minutes on each side or until desired degree of doneness.
- ☐ Snap off tough ends of asparagus. Steam asparagus, covered, 3 minutes.
- ☐ Drizzle juice evenly over asparagus, and sprinkle with dash of salt.
- ☐ Serve with steak.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:20.119130258975%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 192.56kcal (9.63%), Fat: 6.91g (10.63%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 2.43g (0.89%), Sugar: 2.28g (2.54%), Cholesterol: 72.57mg (24.19%), Sodium: 394.32mg (17.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.15%), Selenium: 37.22µg (53.17%), Vitamin K: 48.9µg (46.57%), Vitamin B3: 8.41mg (42.03%), Vitamin B6: 0.82mg (40.82%), Zinc: 5.13mg (34.2%), Phosphorus: 297.31mg (29.73%), Iron: 4.31mg (23.95%), Vitamin A: 981.27IU (19.63%), Folate: 74.85µg (18.71%), Potassium: 642.74mg (18.36%), Vitamin B12: 1.05µg (17.58%), Vitamin B2: 0.3mg (17.51%), Vitamin B1: 0.25mg (16.55%), Copper: 0.3mg (15.23%), Vitamin E: 1.71mg (11.43%), Magnesium: 42.88mg (10.72%), Vitamin B5: 1.06mg (10.6%), Manganese: 0.21mg (10.49%), Vitamin C: 8.29mg (10.05%), Fiber: 2.51g (10.04%), Calcium: 53.68mg (5.37%)