



## Filet Mignon with Mushroom-Wine Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 10.5 ounce beef consomme undiluted divided canned
- ☐ 1.5 cups wine dry red divided
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon thyme leaves dried
- ☐ 16 ounce filet mignon steaks
- ☐ 0.5 pound mushroom caps fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 4 servings cracked pepper black

- ☐ 0.3 cup shallots finely chopped
- ☐ 1 tablespoon stick margarine divided

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

## Directions

- ☐ Melt 1 1/2 teaspoons butter in a nonstick skillet over medium heat.
- ☐ Add shallots and mushrooms; saut for 4 minutes.
- ☐ Add 1 cup wine and 3/4 cup consomm; cook for 5 minutes, stirring frequently.
- ☐ Remove the mushrooms with a slotted spoon; place in a bowl. Increase heat to high; cook wine mixture until reduced to 1/2 cup (about 5 minutes).
- ☐ Add to mushrooms in bowl; set aside. Wipe pan with a paper towel.
- ☐ Sprinkle pepper over steaks. Melt 1 1/2 teaspoons butter in pan over medium heat.
- ☐ Add steaks; cook 3 minutes on each side. Reduce heat to medium-low; cook 1 1/2 minutes on each side or until desired degree of doneness.
- ☐ Place on a platter; keep warm.
- ☐ Combine soy sauce and cornstarch.
- ☐ Add 1/2 cup wine and remaining consomm to skillet; scrape skillet to loosen browned bits. Bring to a boil; cook 1 minute.
- ☐ Add mushroom mixture, cornstarch mixture, and dried thyme; bring to a boil, and cook 1 minute, stirring constantly.
- ☐ Serve sauce with steaks.
- ☐ Garnish with thyme sprigs, if desired.

## Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:5.7234782783881%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 146.99kcal (7.35%), Fat: 3.47g (5.34%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 8.72g (3.17%), Sugar: 2.93g (3.25%), Cholesterol: 0mg (0%), Sodium: 463.41mg (20.15%), Alcohol: 9.45g (100%), Alcohol %: 3.3% (100%), Protein: 3.11g (6.21%), Vitamin B3: 2.88mg (14.39%), Vitamin B6: 0.25mg (12.5%), Manganese: 0.25mg (12.27%), Vitamin B5: 0.94mg (9.4%), Phosphorus: 93.29mg (9.33%), Vitamin B2: 0.15mg (9.1%), Fiber: 2.2g (8.81%), Potassium: 297.43mg (8.5%), Selenium: 4.05µg (5.79%), Iron: 0.97mg (5.41%), Copper: 0.1mg (5.19%), Magnesium: 20.59mg (5.15%), Zinc: 0.71mg (4.74%), Folate: 18.06µg (4.52%), Vitamin K: 4.61µg (4.39%), Vitamin A: 143.07IU (2.86%), Vitamin C: 1.71mg (2.07%), Calcium: 20.39mg (2.04%), Vitamin B1: 0.03mg (1.68%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.16mg (1.06%)