



Filet Mignon with Mushroom-Wine Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce beef tenderloin steaks
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 0.8 teaspoon dijon mustard
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 cup beef broth
- ☐ 0.5 cup plum brandy sweet
- ☐ 1 cup mushrooms

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

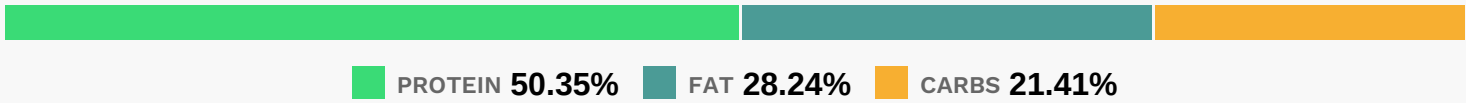
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large cast-iron skillet over high heat.
- ☐ Combine first 7 ingredients in a bowl.
- ☐ Coat pan with cooking spray.
- ☐ Add steaks to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan.
- ☐ Add mushrooms to pan, and cook 3 minutes or until lightly browned.
- ☐ Remove mushrooms from pan.
- ☐ Remove pan from heat; add Marsala, scraping the pan to loosen browned bits. Reduce heat to medium. Return pan to heat.
- ☐ Add broth mixture to pan; bring to a boil. Cook 1 minute, stirring frequently. Stir in mushrooms.

Nutrition Facts



Properties

Glycemic Index:100.5, Glycemic Load:1.59, Inflammation Score:-5, Nutrition Score:15.386087030496%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 288.74kcal (14.44%), Fat: 6.98g (10.74%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 11.23g (4.08%), Sugar: 5.66g (6.29%), Cholesterol: 72.57mg (24.19%), Sodium: 493.23mg (21.44%), Alcohol: 9.18g (100%), Alcohol %: 3.67% (100%), Protein: 28g (56%), Selenium: 40.85µg (58.36%), Vitamin B3: 9.27mg (46.33%), Vitamin B6: 0.77mg (38.66%), Zinc: 4.84mg (32.26%), Phosphorus: 289.98mg (29%), Potassium: 740.96mg (21.17%), Vitamin B2: 0.35mg (20.61%), Vitamin B12: 1.07µg (17.9%), Vitamin B5: 1.5mg (14.96%), Copper: 0.28mg (14.02%), Iron: 2.36mg (13.09%), Vitamin B1: 0.16mg (10.36%), Magnesium: 37.97mg (9.49%), Manganese: 0.17mg (8.27%), Folate: 26.75µg (6.69%), Calcium: 36.55mg (3.66%), Fiber: 0.67g (2.69%), Vitamin E: 0.37mg (2.44%), Vitamin C: 1.41mg (1.7%), Vitamin K: 1.62µg (1.54%)