




Filet Mignon with Mustard Sauce


 **Gluten Free**  **Low Fod Map**

READY IN




18 min.

SERVINGS



2

CALORIES



336 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.3 cup beef broth
- 1.5 tablespoons cognac
- 7 ounce filet mignon steaks thick (2 inches)
- 2 tablespoons mustard coarse-grained
- 0.5 teaspoon olive oil
- 1 teaspoon butter unsalted
- 0.3 cup water

Equipment

- frying pan
- whisk
- aluminum foil
- cutting board

Directions

- Halve filet crosswise and season with salt and pepper.
- Heat oil over moderate heat in a small heavy skillet until hot but not smoking, then cook filets 2 to 3 minutes on each side for rare.
- Let stand on a cutting board, tented loosely with foil, 5 minutes. While filets are standing, deglaze skillet with Cognac over moderate heat, scraping up brown bits.
- Add broth and water and boil until reduced to about 1/4 cup.
- Remove from heat and whisk in mustard, butter, any meat juices from cutting board, and salt and pepper to taste. Thinly slice filets and serve with sauce.
- Each serving, including sauce, has about 222 calories and 12 grams fat.
- Self

Nutrition Facts

PROTEIN 24.8% **FAT 74.15%** **CARBS 1.05%**

Properties

Glycemic Index:23.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:10.030869565217%

Nutrients (% of daily need)

Calories: 335.87kcal (16.79%), Fat: 25.26g (38.86%), Saturated Fat: 10.38g (64.9%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.21g (0.24%), Cholesterol: 74.83mg (24.94%), Sodium: 327.11mg (14.22%), Alcohol: 3.76g (20.88%), Protein: 19.01g (38.02%), Vitamin B12: 2.61µg (43.42%), Selenium: 22.3µg (31.86%), Zinc: 3.13mg (20.88%), Phosphorus: 200.74mg (20.07%), Vitamin B6: 0.39mg (19.53%), Vitamin B3: 3.29mg (16.44%), Iron: 2.63mg (14.62%), Vitamin B2: 0.23mg (13.29%), Vitamin B1: 0.15mg (9.92%), Potassium: 341.17mg (9.75%), Magnesium: 27.99mg (7%), Copper: 0.11mg (5.54%), Manganese: 0.08mg (3.98%), Vitamin B5: 0.35mg (3.51%), Fiber: 0.65g (2.58%), Calcium: 19.69mg (1.97%), Folate: 7.68µg (1.92%), Vitamin E: 0.25mg (1.7%), Vitamin A: 73.13IU (1.46%)