



Filet Mignon with Mustard Sauce



Gluten Free



Low Fod Map

READY IN



18 min.

SERVINGS



2

CALORIES



64 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

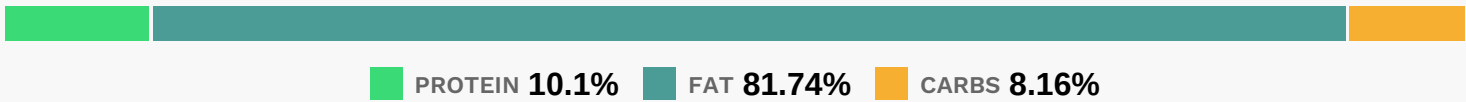
Equipment

- ☐ 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



Properties

Glycemic Index:23.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:1.5021739048154%

Nutrients (% of daily need)

Calories: 64kcal (3.2%), Fat: 3.6g (5.54%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.21g (0.24%), Cholesterol: 5.38mg (1.79%), Sodium: 278.49mg (12.11%), Alcohol: 3.76g (100%), Alcohol %: 2.53% (100%), Protein: 1g (2%), Selenium: 5.34µg (7.62%), Manganese: 0.07mg (3.38%), Fiber: 0.64g (2.58%), Phosphorus: 21.15mg (2.12%), Magnesium: 8.15mg (2.04%), Vitamin B1: 0.03mg (1.98%), Vitamin E: 0.25mg (1.7%), Iron: 0.3mg (1.67%), Vitamin B3: 0.32mg (1.6%), Vitamin A: 73.13IU (1.46%), Calcium: 12.75mg (1.27%), Potassium: 39.53mg (1.13%), Vitamin B2: 0.02mg (1.03%)