



Filet Mignon with Peppercorn-Orange Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 ounce beef tenderloin steaks trimmed ()
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons peppercorns green drained
- ☐ 2 tablespoons brown sugar
- ☐ 12 servings cilantro leaves
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped

- ☐ 1 garlic clove peeled
- ☐ 0.5 cup spring onion coarsely chopped
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sesame seed toasted

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ To prepare sauce, combine the first 7 ingredients in a small saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 6 minutes). Cool.
- ☐ Place the onions, cilantro, peppercorns, garlic, and oil in a food processor; process until finely chopped.
- ☐ Add orange juice mixture, sesame seeds, and 1/2 teaspoon salt; pulse to combine. Set aside.
- ☐ To prepare steaks, sprinkle the beef with 1/2 teaspoon salt and black pepper.
- ☐ Place steaks on a grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.
- ☐ Serve steaks with sauce.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



 PROTEIN **25.03%**  FAT **28.88%**  CARBS **46.09%**

Properties

Glycemic Index:28.94, Glycemic Load:1.11, Inflammation Score:-2, Nutrition Score:2.726956507434%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 44.4kcal (2.22%), Fat: 1.44g (2.22%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.89g (1.78%), Sugar: 3.93g (4.36%), Cholesterol: 6.05mg (2.02%), Sodium: 346.58mg (15.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin K: 11.66µg (11.11%), Vitamin C: 5.08mg (6.16%), Selenium: 3.14µg (4.48%), Vitamin B6: 0.08mg (4.09%), Vitamin B3: 0.74mg (3.72%), Phosphorus: 34.87mg (3.49%), Zinc: 0.48mg (3.18%), Manganese: 0.06mg (3.17%), Potassium: 91.21mg (2.61%), Magnesium: 9.56mg (2.39%), Iron: 0.42mg (2.32%), Folate: 9.25µg (2.31%), Vitamin A: 105.67IU (2.11%), Vitamin B2: 0.03mg (1.91%), Copper: 0.04mg (1.78%), Calcium: 15.03mg (1.5%), Vitamin B12: 0.09µg (1.46%), Vitamin B1: 0.02mg (1.39%), Vitamin E: 0.2mg (1.32%), Fiber: 0.29g (1.15%), Vitamin B5: 0.11mg (1.07%)