



Filet Mignon with Port and Mustard Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



35 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon dijon mustard
- ☐ 16 ounce frangelico trimmed
- ☐ 0.5 cup less-sodium beef broth fat-free
- ☐ 0.5 cup red wine sweet
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shallots chopped

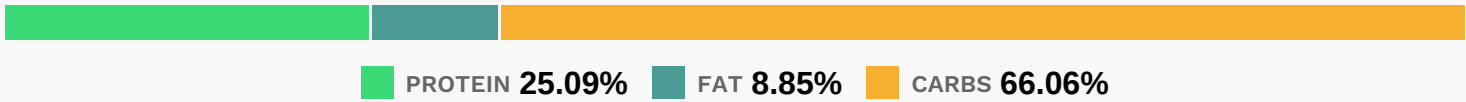
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle both sides of steaks with salt and pepper.
- ☐ Add steaks to pan; cook 3 1/2 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan; cover and keep warm.
- ☐ Add port and shallots to pan. Cook 1 minute or until liquid almost evaporates, scraping pan to loosen browned bits. Stir in broth; cook until reduced to 1/3 cup (about 1 minute).
- ☐ Remove from heat; stir in mustard.
- ☐ Serve steaks with sauce.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:1.150869557715%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 35.38kcal (1.77%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.83g (0.92%), Cholesterol: 0mg (0%), Sodium: 243.72mg (10.6%), Alcohol: 3.18g (100%), Alcohol %: 2.18% (100%), Protein: 0.88g (1.76%), Manganese: 0.09mg (4.67%), Potassium: 130.47mg (3.73%), Vitamin B6: 0.05mg (2.3%), Selenium: 1.43µg (2.04%), Magnesium: 7.19mg (1.8%), Fiber: 0.43g (1.73%), Iron: 0.3mg (1.67%), Phosphorus: 15.65mg (1.56%)