



Filet Mignon with Red Currant-Green Peppercorn Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon peppercorns green drained finely chopped
- ☐ 2 teaspoons butter
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 cups merlot
- ☐ 0.3 cup currant jelly red

☐ 0.3 cup shallots finely chopped

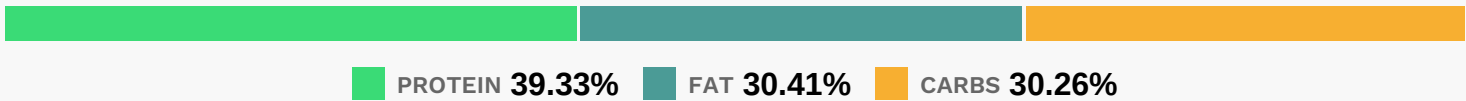
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine wine and shallots in a small saucepan. Bring to a boil; cook until reduced to 1/4 cup (about 10 minutes). Strain through a sieve over a bowl; discard solids. Return wine to pan, and add jelly and green peppercorns. Cook over medium heat until jelly melts (about 2 minutes), stirring occasionally.
- ☐ Remove from heat. Stir in butter; keep warm.
- ☐ Sprinkle steaks with salt and black pepper.
- ☐ Place beef on grill rack; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Serve sauce with beef.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:8.88, Inflammation Score:-5, Nutrition Score:13.491304356119%

Nutrients (% of daily need)

Calories: 330.44kcal (16.52%), Fat: 8.79g (13.52%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 18.93g (6.88%), Sugar: 12.02g (13.36%), Cholesterol: 77.95mg (25.98%), Sodium: 312.13mg (13.57%), Alcohol: 9.38g (100%), Alcohol %: 4.87% (100%), Protein: 25.56g (51.12%), Selenium: 35.4µg (50.57%), Vitamin B6: 0.81mg (40.57%), Vitamin B3: 7.5mg (37.52%), Zinc: 4.7mg (31.35%), Phosphorus: 271.06mg (27.11%), Vitamin B12: 1.06µg (17.65%), Potassium: 581.87mg (16.62%), Iron: 2.52mg (13.98%), Vitamin B2: 0.18mg (10.67%),

Magnesium: 40.92mg (10.23%), Manganese: 0.2mg (9.86%), Vitamin B5: 0.81mg (8.13%), Vitamin B1: 0.1mg (6.72%), Copper: 0.13mg (6.6%), Folate: 23.09µg (5.77%), Calcium: 42.99mg (4.3%), Vitamin C: 3.05mg (3.7%), Vitamin E: 0.44mg (2.95%), Fiber: 0.74g (2.95%), Vitamin K: 1.86µg (1.77%), Vitamin A: 63.75IU (1.28%)