



Filet Mignon with Rich Balsamic Glaze

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



54 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground to taste
- 0.3 cup wine dry red
- 8 ounce frangelico
- 2 servings salt to taste

Equipment

- frying pan

Directions

- Sprinkle freshly ground pepper over both sides of each steak, and sprinkle with salt to taste.
- Heat a nonstick skillet over medium-high heat.
- Place steaks in hot pan, and cook for 1 minute on each side, or until browned. Reduce heat to medium-low, and add balsamic vinegar and red wine. Cover, and cook for 4 minutes on each side, basting with sauce when you turn the meat over.
- Remove steaks to two warmed plates, spoon one tablespoon of glaze over each, and serve immediately.

Nutrition Facts

PROTEIN 3.37% **FAT 0.54%** **CARBS 96.09%**

Properties

Glycemic Index:41, Glycemic Load:2.78, Inflammation Score:-2, Nutrition Score:0.59347826663567%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 54.21kcal (2.71%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.4g (2.33%), Sugar: 4.77g (5.3%), Cholesterol: 0mg (0%), Sodium: 201.22mg (8.75%), Alcohol: 3.15g (100%), Alcohol %: 2.26% (100%), Protein: 0.23g (0.46%), Manganese: 0.11mg (5.3%), Iron: 0.28mg (1.55%), Potassium: 42.38mg (1.21%), Magnesium: 4.68mg (1.17%), Calcium: 10.94mg (1.09%)