



Filet Mignon with Roquefort and Red Leaf

 Gluten Free

READY IN



49 min.

SERVINGS



8

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup canola oil divided
- ☐ 2 teaspoons dijon mustard
- ☐ 24 ounce prime filet mignon steaks
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 1 teaspoon garlic fresh chopped
- ☐ 1 teaspoon honey

- ☐ 2 heads lettuce red separated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 pound roquefort cheese blue crumbled
- ☐ 2 rosemary sprigs roughly chopped
- ☐ 0.3 teaspoon sea salt divided
- ☐ 1 teaspoon shallots sliced
- ☐ 1 teaspoon sugar
- ☐ 4 thyme sprigs
- ☐ 2 large tomatoes sliced quartered
- ☐ 1 large onion yellow chopped
- ☐ 2 large yukon gold potatoes diced

Equipment

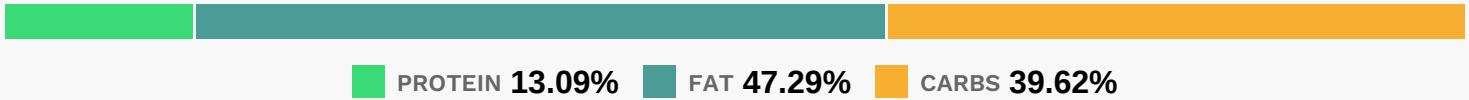
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ grill

Directions

- ☐ Preheat oven to 375 and grill to high.
- ☐ Toss first 4 ingredients (through rosemary sprigs); place on a baking sheet. Roast the potatoes for 25 minutes or until golden; set aside.
- ☐ Combine vinegar and next 6 ingredients (through sugar) in a blender.
- ☐ Add 1/2 cup oil in a thin stream; blend.
- ☐ Add 1/8 teaspoon each salt and pepper; set aside.
- ☐ While potatoes roast, heat remaining 1 tablespoon oil in a pan over medium heat. Saut onion 10–12 minutes or until caramelized; set aside.

- ☐
- Season steaks with remaining salt and pepper. Reduce grill to medium-high; cook steaks for about 7 minutes per side or until desired degree of doneness.
- ☐
- Remove from grill; let rest 3 minutes before slicing into 1-inch cubes.
- ☐
- Toss lettuce with tomato and blue cheese; add the potatoes and onion.
- ☐
- Drizzle with dressing; toss. Top with steak; serve.

Nutrition Facts



Properties

Glycemic Index:79.01, Glycemic Load:8.56, Inflammation Score:-10, Nutrition Score:17.260434741559%

Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg

Nutrients (% of daily need)

Calories: 172.56kcal (8.63%), Fat: 9.28g (14.28%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 14.75g (5.37%), Sugar: 6.34g (7.04%), Cholesterol: 12.76mg (4.25%), Sodium: 371.69mg (16.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin A: 6354.93IU (127.1%), Vitamin K: 116.11µg (110.58%), Vitamin C: 20.21mg (24.5%), Manganese: 0.38mg (19.07%), Vitamin B6: 0.29mg (14.47%), Calcium: 143.74mg (14.37%), Potassium: 502.18mg (14.35%), Folate: 52.6µg (13.15%), Phosphorus: 124.12mg (12.41%), Fiber: 2.75g (10.98%), Vitamin B2: 0.18mg (10.33%), Iron: 1.82mg (10.12%), Magnesium: 34.54mg (8.63%), Vitamin B1: 0.12mg (7.91%), Vitamin E: 1.12mg (7.46%), Copper: 0.12mg (6.05%), Selenium: 3.94µg (5.63%), Vitamin B3: 1.12mg (5.6%), Vitamin B5: 0.56mg (5.6%), Zinc: 0.73mg (4.85%), Vitamin B12: 0.09µg (1.51%)