



Filet Mignon with Rosemary and Mushroom Gravy

READY IN



47 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce filet mignon steaks
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1.5 tablespoons rosemary leaves fresh chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1.5 cups beef broth low-sodium
- ☐ 0.5 cup marsala wine dry
- ☐ 5 ounces mushrooms such as cremini, shiitake and button, coarsely chopped assorted
- ☐ 2 tablespoons olive oil

- ☐ 3 tablespoons olive oil
- ☐ 4 small shallots minced
- ☐ 3 tablespoons butter unsalted at room temperature

Equipment

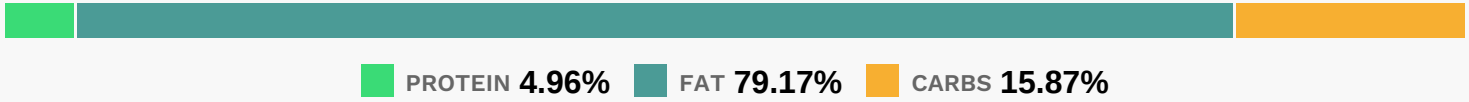
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Steak: Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Spray a small baking sheet with vegetable oil cooking spray. Set aside. Season the steaks with salt and pepper, to taste. In a large skillet, heat the oil over medium-high heat.
- ☐ Add the steaks and brown on all sides, about 4 minutes.
- ☐ Transfer to the prepared baking sheet and bake for 10 minutes for medium-rare doneness.
- ☐ Let the steaks rest for 5 minutes on a cutting board.
- ☐ Gravy: In the same skillet used for the steak, heat 2 tablespoons of oil over medium-high heat.
- ☐ Add the shallots and mushrooms and season with salt and pepper, to taste. Cook until the shallots are soft, about 5 minutes.
- ☐ Add the wine and scrape up the brown bits that cling to the bottom of the pan with a wooden spoon. Cook until most of the liquid has evaporated, about 2 minutes. Stir in the beef broth and rosemary.
- ☐ Whisk in the flour until smooth. Bring the mixture to a boil. Reduce the heat to a simmer and cook, stirring occasionally, until half of the liquid has evaporated and the sauce has thickened slightly, about 10 minutes.

- ☐
- Remove the pan from the heat and stir in the butter until smooth. Season with salt and pepper, to taste.
- ☐
- Cutting across the grain, slice the steak into 1/4-inch thick slices and arrange on a platter.
- ☐
- Pour the sauce into a serving bowl and serve alongside the meat.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:2.84, Inflammation Score:-5, Nutrition Score:6.0647826453914%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 320.88kcal (16.04%), Fat: 26.24g (40.36%), Saturated Fat: 7.86g (49.11%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.48g (3.81%), Sugar: 5.02g (5.58%), Cholesterol: 22.58mg (7.53%), Sodium: 174.25mg (7.58%), Alcohol: 4.59g (100%), Alcohol %: 1.79% (100%), Protein: 3.7g (7.4%), Vitamin E: 2.78mg (18.53%), Potassium: 415.83mg (11.88%), Vitamin K: 11.64µg (11.09%), Vitamin B2: 0.17mg (10.1%), Manganese: 0.16mg (8.25%), Copper: 0.16mg (7.88%), Vitamin B3: 1.57mg (7.86%), Selenium: 4.81µg (6.87%), Vitamin B5: 0.64mg (6.44%), Vitamin B6: 0.13mg (6.37%), Vitamin A: 285.87IU (5.72%), Fiber: 1.36g (5.45%), Phosphorus: 54.39mg (5.44%), Folate: 20.82µg (5.21%), Vitamin B1: 0.07mg (4.81%), Iron: 0.84mg (4.66%), Vitamin C: 2.91mg (3.52%), Magnesium: 12.82mg (3.21%), Zinc: 0.34mg (2.28%), Calcium: 18.65mg (1.87%), Vitamin D: 0.23µg (1.52%)