



Filet Mignon with Rosemary-Port Sauce

 Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 large garlic cloves halved
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 2 teaspoons butter light
- ☐ 0.5 cup low-salt beef broth
- ☐ 0.5 cup port sweet
- ☐ 0.5 teaspoon salt divided

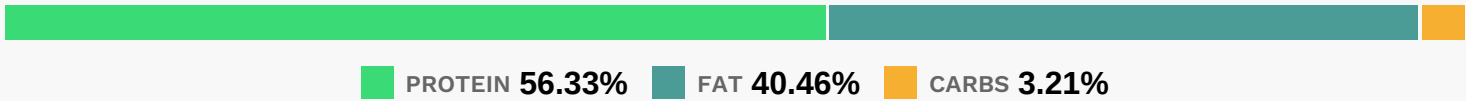
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rub cut sides of garlic over each side of steaks; sprinkle with 1/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Let stand 15 minutes.
- ☐ Combine port, broth, and rosemary in a large nonstick skillet over medium-high heat; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes or until mixture measures 1/3 cup. Stir 1/4 teaspoon salt into sauce.
- ☐ Pour into a small bowl; set aside. Wipe pan clean with a paper towel.
- ☐ Coat pan with cooking spray; place over medium-high heat.
- ☐ Add beef; cook 4 minutes on each side or until desired degree of doneness. Set beef aside.
- ☐ Add reserved port mixture to hot pan. Simmer 30 seconds, scraping pan to loosen browned bits, until mixture reduces to 1/4 cup.
- ☐ Remove from heat and stir in butter. Spoon sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:12.119130444268%

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: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg 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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 210.62kcal (10.53%), Fat: 8.17g (12.56%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.2g (0.23%), Cholesterol: 75.19mg (25.06%), Sodium: 467.05mg (20.31%), Alcohol: 3.18g (100%), Alcohol %: 2.26% (100%), Protein: 25.58g (51.16%), Selenium: 35.11µg (50.15%), Vitamin B3: 7.58mg (37.91%), Vitamin B6: 0.75mg (37.25%), Zinc: 4.57mg (30.48%), Phosphorus: 251.35mg (25.13%), Vitamin B12: 1.08µg (17.98%), Potassium: 467.04mg (13.34%), Iron: 2.08mg (11.58%), Vitamin B2: 0.15mg (9.02%), Magnesium: 31.24mg (7.81%), Vitamin B5: 0.76mg (7.62%), Vitamin B1: 0.09mg (5.97%), Manganese: 0.11mg (5.65%), Copper: 0.1mg (4.88%), Folate: 15.78µg (3.95%), Calcium: 34.41mg (3.44%), Vitamin E: 0.39mg (2.63%), Vitamin K: 2.03µg (1.94%)