



## Filet Mignon With Sautéed Onions

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce beef tenderloin steaks ( )
- 0.7 cup cooking wine dry red
- 2 garlic cloves minced
- 1 cup onion separated thinly sliced
- 2 teaspoons cracked pepper
- 0.5 teaspoon salt
- 2 tablespoons steak sauce (such as Heinz 57)

### Equipment

- bowl
- frying pan
- broiler pan

## Directions

- Combine first 3 ingredients in a small bowl; rub both sides of beef with pepper mixture.
- Place beef on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness. Set aside; keep warm.
- Place a medium nonstick skillet coated with cooking spray over medium-high heat.
- Add onion to skillet; cover and cook 5 minutes, stirring occasionally.
- Remove onion from skillet; set aside, and keep warm.
- Add wine to skillet, scraping pan to loosen the browned bits. Cook over medium-high heat until reduced to 1/3 cup (about 1 minute), and stir in steak sauce. Spoon wine sauce over steaks, and top with onion.

## Nutrition Facts

**PROTEIN 52.94%** **FAT 31.53%** **CARBS 15.53%**

## Properties

Glycemic Index:22.25, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:13.184347797995%

## Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

## Nutrients (% of daily need)

Calories: 228.9kcal (11.44%), Fat: 6.82g (10.5%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.49g (2.36%), Sugar: 2.45g (2.73%), Cholesterol: 72.57mg (24.19%), Sodium: 478.86mg (20.82%), Alcohol: 4.2g (100%), Alcohol %: 2.61% (100%), Protein: 25.78g (51.55%), Selenium: 35.11µg (50.16%), Vitamin B6:

0.78mg (39.14%), Vitamin B3: 7.4mg (37.02%), Zinc: 4.63mg (30.84%), Phosphorus: 254.95mg (25.5%), Vitamin B12: 1.05µg (17.58%), Potassium: 502.59mg (14.36%), Iron: 2.13mg (11.81%), Manganese: 0.23mg (11.52%), Vitamin B2: 0.15mg (8.95%), Magnesium: 33.45mg (8.36%), Vitamin B5: 0.81mg (8.07%), Vitamin B1: 0.11mg (7.26%), Copper: 0.13mg (6.7%), Folate: 23.16µg (5.79%), Vitamin C: 3.94mg (4.77%), Fiber: 1.08g (4.31%), Calcium: 42.9mg (4.29%), Vitamin K: 3.35µg (3.19%), Vitamin E: 0.46mg (3.05%)