



Filet Mignon with Sherry-Mushroom Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons butter divided
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.5 cup less-sodium beef broth fat-free
- ☐ 1.5 cups pre mushrooms

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots chopped
- ☐ 2 teaspoons water

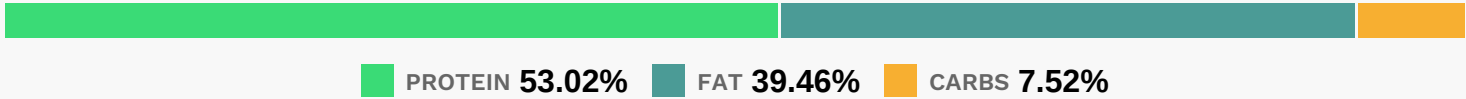
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle beef with salt and pepper. Melt 1 teaspoon butter in a large nonstick skillet over medium-high heat.
- ☐ Add beef to pan; cook 3 1/2 minutes on each side or until desired degree of doneness.
- ☐ Remove beef from pan; keep warm.
- ☐ Melt remaining 1 teaspoon butter in pan.
- ☐ Add mushrooms, shallots, and garlic to pan; saut 3 minutes. Stir in broth and sherry.
- ☐ Combine cornstarch and 2 teaspoons water in a bowl, stirring until smooth.
- ☐ Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.66, Inflammation Score:-3, Nutrition Score:14.101738944002%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 217.44kcal (10.87%), Fat: 8.89g (13.68%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.22g (1.17%), Sugar: 1.27g (1.41%), Cholesterol: 77.95mg (25.98%), Sodium: 427.73mg (18.6%), Alcohol: 1.54g (100%), Alcohol %: 0.94% (100%), Protein: 26.88g (53.76%), Selenium: 38.25µg (54.64%), Vitamin B3: 8.6mg (43.02%), Vitamin B6: 0.78mg (39.17%), Zinc: 4.75mg (31.65%), Phosphorus: 276.5mg (27.65%), Vitamin B12: 1.07µg (17.89%), Potassium: 610.62mg (17.45%), Vitamin B2: 0.28mg (16.72%), Vitamin B5: 1.31mg (13.07%), Iron: 2.14mg (11.87%), Copper: 0.21mg (10.61%), Magnesium: 32.51mg (8.13%), Vitamin B1: 0.12mg (7.97%), Folate: 22.85µg (5.71%), Manganese: 0.1mg (4.98%), Calcium: 32.92mg (3.29%), Vitamin E: 0.42mg (2.78%), Fiber: 0.59g (2.35%), Vitamin C: 1.55mg (1.87%), Vitamin K: 1.86µg (1.77%), Vitamin A: 63.47IU (1.27%)