



Filet Mignon with Stroganov Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 inch beef tenderloin steaks (filets mignons)
- ☐ 0.8 teaspoon pepper black
- ☐ 0.3 cup brandy
- ☐ 6 oz extra wide egg noodles dried
- ☐ 2 garlic clove thinly sliced
- ☐ 0.8 cup beef broth reduced-sodium
- ☐ 1 medium onion halved lengthwise
- ☐ 1.3 teaspoons salt
- ☐ 0.8 cup cream sour

- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 lb mushrooms white sliced
- ☐ 2 tablespoons worcestershire sauce

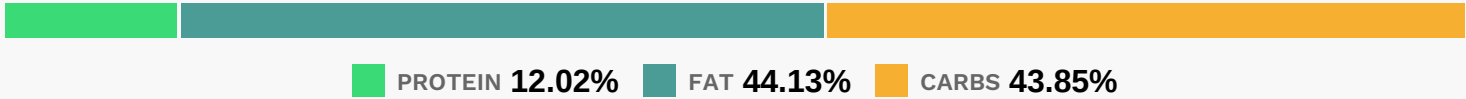
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon
- ☐ tongs
- ☐ colander

Directions

- ☐ Cook noodles in a 6- to 8-quart pot of boiling salted water until just tender.
- ☐ Drain in a colander.
- ☐ Meanwhile, thinly slice onion using slicer.
- ☐ Heat oil in a 12-inch heavy skillet over high heat until hot but not smoking. While oil heats, pat steaks dry.
- ☐ Sprinkle 3/4 teaspoon salt and 1/4 teaspoon pepper on steaks, then add to skillet and sauté, turning over once with tongs, about 6 minutes total for medium-rare.
- ☐ Transfer to a plate with tongs.
- ☐ Add onion, garlic, and remaining 1/2 teaspoon salt and 1/2 teaspoon pepper to oil in skillet and sauté, scraping up any brown bits with a wooden spoon, until onion begins to brown, about 3 minutes.
- ☐ Add mushrooms and sauté, stirring occasionally, until liquid given off by mushrooms is evaporated, about 4 minutes.
- ☐ Add brandy and boil until evaporated, about 1 minute.
- ☐ Add broth and Worcestershire sauce, then cover and cook until onion is softened, about 4 minutes.
- ☐ Remove from heat and stir in sour cream. Toss noodles with some of sauce and serve remaining sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:13.88, Inflammation Score:-5, Nutrition Score:13.385217308998%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 384.15kcal (19.21%), Fat: 17.48g (26.9%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 36.52g (13.28%), Sugar: 5.43g (6.03%), Cholesterol: 63.2mg (21.07%), Sodium: 948.17mg (41.22%), Alcohol: 5.01g (100%), Alcohol %: 2.52% (100%), Protein: 10.71g (21.43%), Selenium: 41.76µg (59.66%), Manganese: 0.51mg (25.41%), Vitamin B2: 0.36mg (21.4%), Phosphorus: 207.22mg (20.72%), Copper: 0.36mg (17.88%), Vitamin B3: 3.29mg (16.46%), Potassium: 558.81mg (15.97%), Vitamin B5: 1.45mg (14.5%), Vitamin K: 14.24µg (13.56%), Vitamin B6: 0.24mg (12.05%), Fiber: 2.56g (10.26%), Vitamin B1: 0.15mg (10.14%), Magnesium: 39.7mg (9.92%), Zinc: 1.47mg (9.82%), Iron: 1.76mg (9.76%), Calcium: 81.09mg (8.11%), Folate: 30.98µg (7.75%), Vitamin C: 5.19mg (6.29%), Vitamin A: 304.49IU (6.09%), Vitamin E: 0.91mg (6.07%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.24µg (1.61%)