



## Filet Mignon with Sun-Dried Tomato-Garlic Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup beef broth ready-to-serve
- 16 oz beef tenderloin steaks
- 3 cloves garlic minced
- 0.3 cup a.1. original sauce
- 1 Tbsp oil
- 0.1 tsp pepper
- 0.3 tsp salt

0.3 cup sun-dried tomatoes packed chopped (not oil)

## Equipment

frying pan

## Directions

Heat large nonstick skillet on medium heat.

Add steaks; cook 10 to 13 minutes for medium-rare to medium doneness, turning occasionally. Season with salt and pepper.

Remove steaks from skillet; cover to keep warm.

Add tomatoes, oil and garlic to skillet; cook 1 minute. Stir in beef broth. Increase heat to medium-high; cook and stir 5 minutes or until liquid is slightly reduced.

Remove from heat. Stir in steak sauce.

Serve sauce over steaks.

## Nutrition Facts



## Properties

Glycemic Index:3.07, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.8913043530091%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 32.02kcal (1.6%), Fat: 1.4g (2.16%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.8g (0.89%), Cholesterol: 9.68mg (3.23%), Sodium: 67.27mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Selenium: 4.73µg (6.76%), Vitamin B3: 1.09mg (5.43%), Vitamin B6: 0.1mg (5.06%), Zinc: 0.62mg (4.15%), Phosphorus: 35.86mg (3.59%), Potassium: 88.44mg (2.53%), Vitamin B12: 0.14µg (2.39%), Iron: 0.34mg (1.88%), Vitamin B2: 0.02mg (1.38%), Magnesium: 5.43mg (1.36%), Copper: 0.03mg (1.28%), Manganese: 0.03mg (1.26%), Vitamin B5: 0.12mg (1.2%), Vitamin B1: 0.02mg (1.11%)