



Filet Mignon with Sweet Bourbon-Coffee Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon beef-flavored bouillon granules
- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons bourbon
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon coffee granules instant
- ☐ 0.3 teaspoon salt

- ☐ 1.5 teaspoons sugar
- ☐ 0.5 cup water

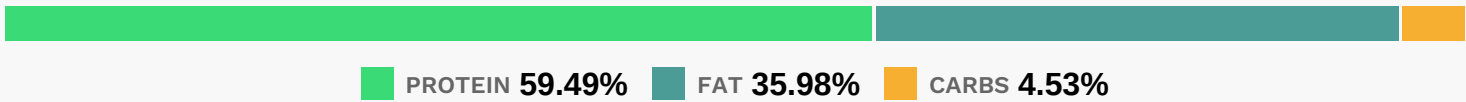
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl; set aside.
- ☐ Sprinkle pepper and salt over both sides of steaks.
- ☐ Heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steaks; cook 2 minutes on each side. Reduce heat to medium; cook steaks 2 minutes or until desired degree of doneness.
- ☐ Transfer steaks to a platter; cover and keep warm.
- ☐ Add bourbon mixture to pan; cook over medium-high heat until mixture has reduced to 1/4 cup (about 3 minutes).
- ☐ Serve sauce over beef; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:13.161739276803%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 201.81kcal (10.09%), Fat: 6.76g (10.41%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.55g (1.72%), Cholesterol: 72.58mg (24.19%), Sodium: 270.53mg (11.76%),

Alcohol: 3.76g (100%), Alcohol %: 3% (100%), Caffeine: 3.92mg (1.31%), Protein: 25.16g (50.32%), Selenium: 34.69µg (49.56%), Vitamin B3: 7.34mg (36.7%), Vitamin B6: 0.71mg (35.43%), Vitamin K: 34.57µg (32.93%), Zinc: 4.54mg (30.23%), Phosphorus: 239.95mg (23.99%), Vitamin B12: 1.06µg (17.62%), Potassium: 421.55mg (12.04%), Iron: 1.98mg (11%), Vitamin B2: 0.14mg (8.1%), Vitamin B5: 0.75mg (7.47%), Magnesium: 28.34mg (7.09%), Vitamin B1: 0.09mg (5.81%), Copper: 0.1mg (5%), Folate: 17.9µg (4.48%), Vitamin A: 169.85IU (3.4%), Vitamin C: 2.66mg (3.22%), Calcium: 30.13mg (3.01%), Manganese: 0.05mg (2.66%), Vitamin E: 0.37mg (2.46%)