



Filet Mignon with Three-Herb Gremolata



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed (1/)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon kosher salt or
- ☐ 1 teaspoon lemon rind grated

☐

0.5 teaspoon salt

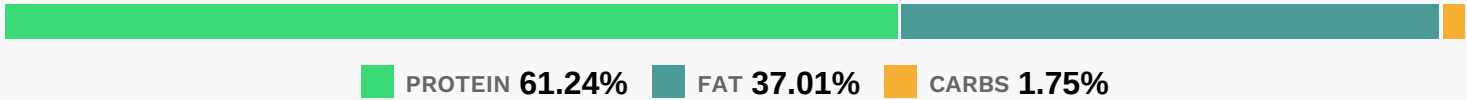
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir well, and set aside.
- ☐ Sprinkle steaks evenly with salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add steaks; cook 2 minutes on each side or until desired degree of doneness. Top steaks with gremolata.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:12.604782690173%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 170.9kcal (8.54%), Fat: 6.76g (10.4%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.04g (0.04%), Cholesterol: 72.57mg (24.19%), Sodium: 935.26mg (40.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.34%), Selenium: 34.71µg (49.58%), Vitamin B3: 7.31mg (36.53%), Vitamin B6: 0.72mg (36.02%), Zinc: 4.54mg (30.3%), Phosphorus: 240.06mg (24.01%), Vitamin B12: 1.05µg (17.58%), Vitamin K: 17.98µg (17.12%), Potassium: 418.88mg (11.97%), Iron: 2.09mg (11.6%), Vitamin B2: 0.14mg (8.29%), Vitamin B5: 0.75mg (7.51%), Magnesium: 28.7mg (7.18%), Vitamin B1: 0.09mg (5.81%), Copper: 0.1mg (4.92%), Vitamin C: 3.82mg (4.62%), Folate: 16.85µg (4.21%), Calcium: 33.58mg (3.36%), Manganese: 0.06mg

(3.11%), Vitamin A: 133.48IU (2.67%), Vitamin E: 0.36mg (2.41%), Fiber: 0.28g (1.11%)