



Filet Mignon with Truffled Mushroom Ragoût

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 12 ounces button mushrooms quartered
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 12 ounces filet mignons 1-inch-thick
- ☐ 1 garlic clove chopped
- ☐ 0.3 cup low-salt chicken broth canned
- ☐ 1.5 teaspoons vegetable oil; peanut oil preferred

- ☐ 0.5 teaspoon truffle oil
- ☐ 3 tablespoons whipping cream

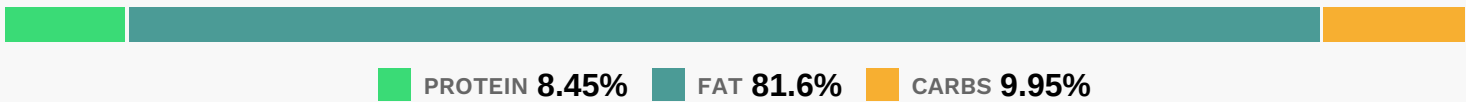
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in large nonstick skillet over medium heat.
- ☐ Add chopped garlic and marjoram; sauté 30 seconds.
- ☐ Add mushrooms; toss to coat with butter.
- ☐ Sprinkle with salt. Cover and cook until mushrooms have released their juices, about 13 minutes.
- ☐ Add chicken broth, wine, and whipping cream and bring to boil. Cook uncovered until mushrooms are tender and sauce coats mushrooms, about 5 minutes. Season mushroom ragout to taste with salt and pepper. (Ragout can be made 3 hours ahead. Cover skillet and refrigerate.)
- ☐ Heat heavy medium skillet over high heat until hot.
- ☐ Add peanut oil and tilt skillet to coat evenly.
- ☐ Sprinkle steaks with salt and pepper.
- ☐ Add to skillet and cook to desired doneness, about 4 minutes per side for medium-rare.
- ☐ Transfer steaks to plates. Rewarm mushroom ragout in skillet over medium heat, stirring frequently. Spoon ragout partially over steaks and onto plates.
- ☐ Drizzle mushrooms on each plate with 1/4 teaspoon truffle oil.
- ☐ * Available at Italian markets, specialty foods stores, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:12.750000041464%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 341.65kcal (17.08%), Fat: 29.98g (46.12%), Saturated Fat: 16.77g (104.82%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 6.48g (2.36%), Sugar: 4.1g (4.56%), Cholesterol: 70.57mg (23.52%), Sodium: 161.7mg (7.03%), Alcohol: 4.2g (100%), Alcohol %: 1.14% (100%), Protein: 6.99g (13.97%), Vitamin B2: 0.75mg (43.93%), Vitamin B3: 6.71mg (33.57%), Copper: 0.57mg (28.41%), Vitamin B5: 2.64mg (26.36%), Selenium: 16.92µg (24.17%), Phosphorus: 178.54mg (17.85%), Potassium: 607.56mg (17.36%), Vitamin A: 857.69IU (17.15%), Vitamin B6: 0.21mg (10.41%), Vitamin B1: 0.15mg (9.76%), Vitamin E: 1.33mg (8.85%), Folate: 30.56µg (7.64%), Fiber: 1.74g (6.97%), Zinc: 1.02mg (6.77%), Iron: 1.01mg (5.62%), Manganese: 0.11mg (5.33%), Vitamin C: 4.19mg (5.08%), Vitamin D: 0.7µg (4.67%), Magnesium: 18.16mg (4.54%), Calcium: 29.79mg (2.98%), Vitamin B12: 0.18µg (2.98%), Vitamin K: 2.99µg (2.85%)