

Filet with a Merlot Sauce

READY IN



105 min.

SERVINGS



6

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 36 ounce frangelico
- 6 servings pepper black freshly ground to taste
- 14.5 ounce beef broth canned
- 29 ounce chicken broth low-sodium canned
- 1 tablespoon flour all-purpose
- 1 teaspoon thyme sprigs fresh
- 1 tablespoon garlic chopped
- 1 tablespoon olive oil
- 0.3 cup shallots chopped

- 2 tablespoons butter unsalted softened
- 750 milliliter cooking wine

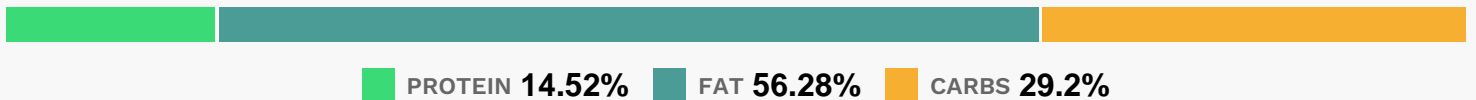
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- In a heavy sauce pan over high heat, combine wine, chicken broth and beef broth. Bring to a boil, and cook until mixture is reduced to 2 cups, about an hour. (This can be prepared a day ahead – cover and refrigerate).
- In a small bowl, mix butter and flour.
- Heat 1 tablespoon olive oil in a large skillet over medium heat.
- Sprinkle steaks with salt and pepper, and saute until medium-rare, about 4 minutes per side.
- Transfer steaks to a plate.
- Stir shallots, garlic and thyme into skillet.
- Add 2 cups reduced wine mixture to skillet. Bring mixture to a boil, scraping up any browned bits.
- Whisk in butter mixture until smooth. Boil sauce until thick enough to coat a spoon, about 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:4.3752174157163%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.27kcal (10.01%), Fat: 7.13g (10.97%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 7.87g (2.86%), Sugar: 1.98g (2.2%), Cholesterol: 10.03mg (3.34%), Sodium: 304.35mg (13.23%), Alcohol: 13.19g (100%), Alcohol %: 3.2% (100%), Protein: 4.14g (8.28%), Vitamin B3: 2.73mg (13.67%), Manganese: 0.24mg (12.12%), Potassium: 324.48mg (9.27%), Phosphorus: 86.31mg (8.63%), Vitamin B6: 0.14mg (7.09%), Iron: 1.15mg (6.41%), Vitamin B2: 0.1mg (5.74%), Magnesium: 20.16mg (5.04%), Copper: 0.1mg (4.86%), Vitamin B12: 0.19µg (3.22%), Vitamin E: 0.45mg (3.01%), Calcium: 28.92mg (2.89%), Vitamin A: 133.52IU (2.67%), Zinc: 0.38mg (2.51%), Selenium: 1.52µg (2.17%), Folate: 8.62µg (2.16%), Vitamin C: 1.74mg (2.11%), Vitamin K: 2µg (1.91%), Fiber: 0.45g (1.8%), Vitamin B1: 0.03mg (1.77%), Vitamin B5: 0.11mg (1.11%)